



# Food Study Guide: Enjoying God's Abundance (The Daniel Plan Essentials Series)

*Dr. Mark Hyman, Dee Eastman*

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In this four-session video-based Bible study, the Daniel Plan team explores the spiritual and physical benefits of following a healthy lifestyle by focusing on the second essential of the Daniel Plan: Food.

The sessions include:

1. Enjoying God's Abundance Cravings
2. Comfort Food, and Choices
3. Create a Daniel Plan Kitchen
4. No Such Thing as Failure

Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle, plus tips on getting started and medically-based information on maintaining a healthy lifestyle by following The Daniel Plan. Each of the other DVD/Study Guides will focus on another essential: Faith, Fitness, Focus, and Friends.

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With this era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become considered one of it? It is just simple strategy to have that. What you must do is just spending your time little but quite enough to have a look at some books. One of several books in the top checklist in your reading list is definitely Food Study Guide: Enjoying God's Abundance (The Daniel Plan Essentials Series). This book and that is qualified as The Hungry Mountains can get you closer in turning into precious person. By looking upwards and review this guide you can get many advantages.

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