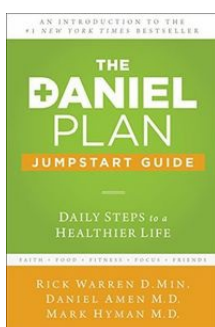


# THE DANIEL PLAN JUMPSTART GUIDE: DAILY STEPS TO A HEALTHIER LIFE

The Daniel Plan Jumpstart Guide provides a birds-eye view of getting your life on track to better health in five key areas: Faith, Food, Fitness, Focus, and Friends being the secret to a healthy lifestyle. This quick guide provides all the key principles for readers to gain a vision for health and get started. This booklet is a 40-day guide that breaks out existing content from The Daniel Plan: 40 Days to a Healthier Life into day-by-day action toward a healthier life...



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Commit everything you do to the LORD. Trust him, and he will help you. (Psalm 37:5 NLT) Rick Warren, The Daniel Plan Jumpstart Guide: Daily Steps to a Healthier Life //

## Reader's Opinions

very helpful to my healthy living changethank you for this devotional. it helped me jumpstart on my road to living healthier! I'm anxious to share this with my family