FOCUS STUDY GUIDE WITH DVD: RENEWING YOUR MIND

In this four-session video-based Bible study, The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the fourth essential of The Daniel Plan: FOCUS. The sessions include: Mindset Matters Having a Positive ID: Your IdentityDon't Mess with Stress Small Steps = Big Results 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...



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