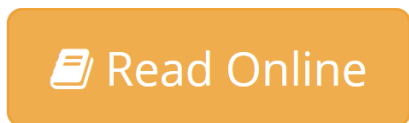


The Daniel Plan: 40 Days to a Healthier Life

By Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman



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Feast on Something Bigger than a Fad

This six-session video-based small group study from Rick Warren (guide sold separately), Dr. Daniel Amen, and Dr. Mark Hyman is centered on five essentials that will launch your journey to health: faith, food, fitness, focus, and friends.

With support from medical and fitness experts, Pastor Rick Warren and thousands of people from his congregation started on a journey to transform their own lives. It's called *The Daniel Plan* and it works for on simple reason: God designed your body to be healthy and He provided everything you need to thrive and live an abundant life.

This small group study is a vital component of *The Daniel Plan* because it emphasizes the powerful community component of the program. As Dr. Mark Hyman says, "community is the cure" for healthy living.

The Daniel Plan small group study teaches simple ways to incorporate healthy choices into your daily lifestyle. This study guide includes biblical inspiration from Pastor Rick, instruction from our doctors and wellness experts, practical food and fitness tips, and much more.

Sessions include:

1. Faith: Nurturing Your Soul (28:00)
2. Food: Enjoying God's Abundance (25:00)
3. Fitness: Strengthening Your Body (26:00)
4. Focus: Renewing Your Mind (27:30)
5. Friends: Encouraging Each Other (23:00)
6. Living the Lifestyle (20:30)

Designed for use with *The Daniel Plan Study Guide* (sold separately).



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Editorial Review

About the Author

Rick Warren founded Saddleback Church in Lake Forest, CA, in 1980 with one family. Today it is an evangelical congregation averaging 25,000 weekly attendees. He also leads the Purpose Driven Network of churches, a global coalition of congregations in 162 countries. He is the author of the international bestselling book *The Purpose Driven Life*, and his book *The Purpose Driven Church* is listed in “100 Christian Books That Changed the 20th Century.”

Dr. Daniel Amen is a physician, double board certified psychiatrist, teacher, and eight-time New York Times bestselling author. He is the founder and medical director of Amen Clinics in Newport Beach and San Francisco, CA; Bellevue, WA; Reston, VA; Atlanta, GA; and New York City, NY. Amen Clinics have the world’s largest database of functional brain scans relating to behavior, totaling more than 80,000 scans on patients from 90 countries.

Dr. Mark Hyman has dedicated his career to identifying and addressing the root causes of chronic illness through a groundbreaking, whole-systems approach known as functional medicine. A family physician and six-time #1 New York Times bestselling author, he is an internationally recognized leader, speaker, educator, and advocate in his field.

Users Review

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Gary McKinney:

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Greta Rivera:

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