



The Daniel Plan 365-Day Devotional: Daily Encouragement for a Healthier Life

Daniel Plan Team The

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**Encouragement and inspiration to
TRANSFORM YOUR HEALTH FOR GOOD!**

If you're looking for the right combination of inspiration and encouragement to achieve the healthy lifestyle you've longed for—you found it.

A companion to the #1 *New York Times* bestseller, *The Daniel Plan*, this 365-day devotional provides the heartfelt insight you need to take your health to the next level. Feast on something bigger than a fad. Motivational tips, Scripture passages, Food for Thought, and a special note from Rick Warren lead the way to transformation for the long haul.

The Daniel Plan Daily Devotional builds on the top essential—*Faith*—that has made *The Daniel Plan* doable and successful for thousands of people worldwide. A dream team of spiritual, fitness, and health professionals, including Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman, and the Daniel Plan Wellness Faculty will help you continue your journey toward whole health and wellness.

Ultimately, *The Daniel Plan Daily Devotional* will change your life in the areas of faith, food, fitness, focus, and friends—the five essentials to transform your body, mind, and spirit from the inside out!

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