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The 40 Day Soul Fast

"If I could summarize " The 40 Day Soul Fast " in one sentence, it would be: You were born an original; don't live a life as a poor replica of someone else.

The 40 Day Soul Fast: Your Journey to Authentic Living ...

The 40 Day Soul Fast is an eight-week

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study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out.

Soul Fast

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The 40 Day Soul Fast promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life!

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**40 Day Soul Fast by Cindy Trimm,
Paperback | Barnes & Noble®**

The primary aim of the 40 Day Soul Fast is to "lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us" (Hebrews 12:1). The weights of negative thought habits and toxic verbal behaviors tie you down and keep

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you vulnerable to sin.

The 40 Day Soul Fast Handbook

The 40 Day Soul Fast: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an

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inward journey to greater health,
happiness, and success as you learn to
live from

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The 40 Day Soul Fast is a great for
taking your life to the next level. The
8-week journey is led by Dr. Trimm and

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is life changing. It helps participants to take control over their lives by digging deep to uncover and identify the things in our lives that are causing us to fall short of who God called us to be.

The 40 Day Soul Fast Leader's Guide: Trimm, Cindy ...

The 40 Day Soul Fast Participant's

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Guide: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It includes a 40-day workbook, plus weekly DVD viewing guide. Churches, organizations, small groups, and families are encourage

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**The 40 Day Soul Fast: Participant's
Guide by Cindy Trimm**

The 40 Day Soul Fast: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically.

The 40 Day Soul Fast : Your Journey

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to Authentic Living ...

The 40 Day Soul Fast Curriculum is an eight week study plan designed to replenish your mind and refresh your spirit.

**The 40 Day Soul Fast: Your Journey
to Authentic Living ...**

The 40 Day Soul Fast Guide: Your

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There you will find soul-empowering resources and tools to not only transform your life, but the world The 40 Day Soul Fast promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart Step out and engage with your authentic self--it will be the best 40 days of your life

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