

The 40 Day Soul Fast Y

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get ready to experience the best 40 days of your life 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 inward journey to greater health happiness and success as you learn to live from the inside out as we are told by jesus in the book of matthew ignite the kingdom life within you a fire within you changing you from the inside out make a clean sweep of your lives matthew 3 11 when all is well with the souls of humanity all will be well in the world when you have peace in your soul you will bring that peace to bear on the world around you you will become the change you

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get ready to experience the best 40 days of your life the 40 day soul fast participant s 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 encouraged to travel together on this 40 day journey to greater mental emotional and spiritual health 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 if everyone who picks up this book takes it upon him or herself to encourage others to participate we would create an unstoppable movement you may think that one healed soul cannot heal the world but it can

get ready to experience the best 40 days of your life 40 days to discovering the real you learning to live authentically 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 inward journey to greater health happiness and success as you learn to live from the inside out as we are told by jesus in the book of matthew ignite the kingdom life within you a fire within you changing you from the inside out make a clean sweep of your lives matthew 3 11 when all is well with the souls of humanity all will be well in the world when you have peace in your soul you will bring that peace to bear on the world around you you will become the change you are hoping to see churches organizations small groups and families are encouraged to travel together on this 40 day journey to greater mental emotional and spiritual health if everyone who picks up this book takes it upon him or herself to encourage others to participate we would create an unstoppable movement you may think that one healed soul cannot heal the world but it can join the soul fast movement by going to soulfast com there you will find soul empowering resources and tools to not only transform your life but the world 40 days to discovering the real you 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

invalidtag charset utf 8 radically transform your life in 40 days have you tried again and again to change something in your life for the better and failed maybe it was trying to stop a bad habit or make healthier choices or refusing to let others dictate your self worth if you ve tried and failed you re not alone dr cindy trimm an internationally sought after empowerment specialist and transformational leader has helped millions around the world end this futile cycle and become their most authentic selves and in this guided journal she offers you the tools to do the same building on the principles and insights of her bestselling book dr trimm comes alongside you as your personal transformation coach helping you let go of everything that tries to prevent you from becoming your god designed authentic self over 40 days you will discover a new way to fast one full of healthy doses of scripture inspiring encouragement and real world

application that will teach you how to detox from the weights hindrances and challenges that hold you back open doors to new depths of mental and emotional wholeness bring you into a lifestyle of total health spirit soul and body help you seize the joy of life stop wasting your energy on striving and failing here is everything you need to transform your life from the inside out and experience joy and wholeness in every area of your life

take back your life in 40 days beloved i pray that you may prosper in all things and be in health just as your soul prospers 3 john 2 activate the skills you need to succeed and take back your life this companion devotional to reclaim your soul from dr cindy trimm will lead you on an interactive 40 day journey to becoming a

contained within this book are seven sermons that are god inspired with the purpose of bringing to the forefront of god s people the great need for each of us to look at ourselves with a desire to rid from our lives all things inclusive of people that inhibit and corrupt our walk with him there is a focus on our thought life words associations inclinations and the actions we perform that are misrepresentative of god and displeasing to him the topics are operation detox thinking positive thoughts do you want to be made whole we are what we think fatal attractions detoxifying the tongue and lord clean this house from the inside out it is my prayer that these manuscripts will inspire and impact your life as much as they did to those who heard them when i first preached them i am certain that they will so let the journey begin toward a more healthier holier and authentic you

your breakthrough is only a push away today s world knows little about perseverance this is why so few people become innovators entrepreneurs and world changers success is bypassed not due to a lack of opportunity but because we don t know how to maximize the opportunities in front of us and push persevere until success happens in her encouraging and dynamic style dr cindy trimm inspires you to go for it it is one thing to read about the lives of great achievers it is another thing to join their ranks learn how to carry your dreams visions and goals full term and to complete fulfillment exercise the power of faith to overcome the impossible and release god s supernatural purposes into your life resist the temptation to cave under pressure and press on even when you don t feel like it anymore empower others to fulfill their divine destinies through co laboring with them if you dare to believe that god has something great in store for you to do to accomplish or to achieve you must be prepared to persevere in spite of your hardship setbacks and challenges in order to realize your dreams and accomplish your goals this book is written to give you that extra push cindy trimm

your problems don t define you they refine you sometimes life feels like a roller coaster ride filled with ups downs twists turns and unexpected sudden drops instead of moving forward with peace and purpose our lives spin out of control when chaos and uncertainty threaten to make you feel helpless what do you do

the world is suffering from a leadership void nations are shaking culture is shifting and society is restlessly waiting for leaders to arise and take their place in framing a more hopeful future to shape what will become history in history maker bestselling author and empowerment specialist dr cindy trimm

start living abundantly in 40 days i came so they can have real and eternal life more and better life than they ever dreamed of jesus it s time for you to stop settling for anything less than

the abundant life that jesus came to give you this prosperous life is available to you it all starts with making healthy soul

beloved i pray that you may prosper in all things and be in health just as your soul prospers 3 john 2 nkjv it has been a dream of mine to prosper financially using biblical principles i prayed about it and then one morning the lord told me that it was time and that he would teach me he instructed me to wait on him every morning and to write down the things he taught me i followed his instructions guidance and wisdom writing it all down for a full year this book is the result of our time together to my surprise this became a book of many books the lord would guide me to a specific book teach me from it and then move on to the next book it was totally supernatural as i followed the leading of the lord it became clear to me that god was taking me on a year long journey of prospering my soul which in turn would influence my financial situation i learnt that i could not prosper in any given area unless my soul prospered in that area too hence the book s title this book takes many twists and turns and even has a few surprises did i reach my goal of financial prosperity you have to read it to find out

lighten up offers a unique lifestyle program that invites you to return to the basics of wellness it includes space for journaling scriptures daily prayers and a recipe section to get you started

gain a solid understanding of how to treat infertility with chinese medicine written by experts in chinese medicine this textbook provides a comprehensive overview of chinese medicine therapies for fertility disorders it opens by reviewing the basics of current western reproductive medicine in terms of diagnosis treatment options and possible risks the book then introduces the reader to traditional chinese fertility treatments providing information about how they complement western reproductive medicine the authors describe in detail the different treatment methods ranging from qi gong and tui na to moxibustion and acupuncture to chinese dietetics and medicinal therapy the main section of the book provides in depth discussion of specific fertility disorders and their management including menstrual disorders early menopause sexual disorders male infertility endometriosis and polycystic ovary syndrome it closes with a section on patient support addressing issues such as the mind body relationship and the impact of stress key features case studies with real life examples of specific treatment approaches information on both chinese and western therapies perspectives from numerous chinese medicine specialists extensive quotations from classical texts in translation historical cultural and social perspectives on the issue of fertility in chinese culture modern and ancient chinese medicine in fertility disorders is an invaluable resource for practitioners in complementary medicine including acupuncturists and chinese herbalists who wish to include fertility treatment in their practice and a useful reference for all physicians who seek to expand their perspective on managing fertility issues

includes music

the 40 day feast for your soul is specifically designed to help people who sense the call to a deeper place of purpose direction and meaning waiting inside are 10 dishes to help reconnect your mind will and emotions and align them in a meaningful way guided by the timeless wisdom of scripture the dishes are simple yet effective five of these dishes will nourish and strengthen your souls foundations they are based on forgiveness thankfulness memorization reading and prayer the other five dishes will positively impact the people around you inspiring others and transforming yourself they are based on encouragement giving joy rest and fasting when you adopt these simple dishes into your life you will not only strengthen your mind will

and emotions but you will also enjoy a renewed sense of purpose direction and meaning

radically transform your life in 40 days have you tried again and again to change something in your life for the better and failed maybe it was trying to stop a bad habit or make healthier choices or refuse to let others dictate your self worth if you ve tried and failed you re not alone dr cindy trimm an internationally sought after

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