



## Daniel Plan: Demystified - Soul Support and Healthy Weight Loss with 25 Delicious Daniel Plan Recipes (Paperback)

By Darrin Wiggins

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Who Else Wants To Discover The Secret Behind The Daniel Plan?Are you confused as to why you get mediocre results following the same diet everyone else is doing? Hate it when you spend hours upon hours alone, struggling with your weight loss? Want a REALISTIC, proven weight loss plan that removes the barriers of weight loss isolation?Are you starting to think something is wrong with your body, with you? The truth is The Daniel Plan holds the keys to success when it comes to healthy weight loss. Not only healthy for the body but the mind and spirit as well. That is what sets it apart from so many other diet plans.Isn t The Daniel Plan Just Another Weight Loss PlanWell it is not exactly a weight loss plan but more of a lifestyle. Weight loss plans usually turn into fad diets but lifestyles allow you to be healthy the rest of your life. Granted The Daniel Plan all started with Pastor Rick Warren taking the time to be honest with himself and his congregation about the fact he...



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