



**The Daniel Plan Audiobook Unabridged: 40 Days
to a Healthier Life [THE DANIEL PLAN
Audiobook by Rick Warren D.Min., Daniel Amen
M.D., Mark Hyman M.D.**

Daniel Amen M.D. Rick Warren D.Min.

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Revolutionizing The Concept of a Healthy Lifestyle God designed our bodies to be healthy, providing everything we need to thrive and live abundantly. And with assistance from medical and fitness experts, Pastor Rick Warren and thousands of people from his congregation at Saddleback Church started a journey to transform their lives. The result: 15,000 people lost over 260,000 pounds in the first year. But the changes in people's lives went far beyond the pounds they lost. Feast on Something Bigger Than a Fad The Daniel Plan: 40 Days to a Healthier Life by Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle where people are encouraged to get healthier together by optimizing the key five essentials of faith, food, fitness, focus, and friends. Unlike thousands of other books on the market, this audiobook is not about a new diet fad, guilt-driven gym sessions, or shame-driven fasts. Nor is it a "do it all now" approach. The Daniel Plan shows you how focusing on the powerful combination of the key essentials can change your life forever . . . one choice at a time. The concepts in this audiobook will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make healthy choices each and every day. The result for you: gradual changes that transform your life inside and out.

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