



The 40 Day Soul Fast: Your Journey to Authentic Living

Cindy Trimm

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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 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 www.soulfast.com. 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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Stephanie Carlton:

People live in this new day of lifestyle always try and and must have the extra time or they will get large amount of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely of course. People is human not just a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative throughout spending your spare time, often the book you have read is actually The 40 Day Soul Fast: Your Journey to Authentic Living.

Henry Rodriguez:

Is it you who having spare time and then spend it whole day by means of watching television programs or just lying on the bed? Do you need something totally new? This The 40 Day Soul Fast: Your Journey to Authentic Living can be the reply, oh how comes? A fresh book you know. You are thus out of date, spending your free time by reading in this new era is common not a nerd activity. So what these books have than the others?

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