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The 40 Day Soul Fast by Dr. Cindy Trimm *WATER FASTING: The Complete Guide (Fastest Fat Loss Method)* **Dr Cindy Trimm, The 40 Day Soul Fast: Book Review** 40 Day Fast: Week 1 Doctor Who Believes In 40 Day Water Fasts Intermittent Fasting: Transformational Technique | Cynthia Thurlow | TEDxGreenville Official Trailer for "The 40 Day Soul Fast Curriculum" from Cindy Trimm **Book review:**

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Get ready to experience the best 40 days of your life!  
40 Days to Discovering the Real You: Learning to Live  
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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

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health, happiness, and success as you learn to live from the inside ...

40 Days to Discovering the Real You, Journal:  
Learning to ...

The "40 Day Soul Fast Journal" focuses on the 40 characteristics from the book, and includes summaries of each characteristic, action steps, quotes from the book, journaling space and more to help readers journey into a personal, authentic lifestyle. Each day focuses on a characteristic and leads the reader into a greater level of self awareness.

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The 40 Day Soul Fast Journal|Trimm, Cindy|9780768440294

Get Ready to Experience the Best 40 Days of Your Life  
Cindy Trimm is an empowerment specialist, respected prophetic voice, bestselling author, life coach, Ambassador of Hope, and a twenty-first century world leader who has partnered with heads of state, business moguls, politicians, church, civic, and world leaders for more than 30 years to equip and empower millions to maximize their potential.

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

The 40 Day Soul Fast Curriculum is an eight week

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study plan designed to replenish your mind and refresh your spirit. Dr. Cindy Trimm challenges you to reach into your soul to uncover a deeper understanding of God's purpose for your life.

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

Get Ready to Experience the Best 40 Days of Your Life. Cindy Trimm is an empowerment specialist, respected prophetic voice, bestselling author, life coach, Ambassador of Hope, and a twenty-first century world leader who has partnered with heads of state, business moguls, politicians, church, civic, and world leaders for more than 30 years to equip and



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empower millions to maximize their potential.

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

2 TBS fresh lemon juice (approx. 1/2 lemon) 2 TBS genuine grade B maple syrup 1/10 tsp cayenne pepper (red pepper) 10-16 oz distilled, spring, or purified water. Combine the lemon juice, maple syrup, and cayenne pepper in a large glass or mug and fill with cold or hot water. How to Break the Master Cleanser Fast:

The 40 Day Soul Fast Handbook  
40 Days to Discovering the Real You: Learning to Live

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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 ...

40 Days to Discovering the Real You: Learning to Live ...

After completing a few 10-day fasts, then you'll be ready to try fasting for 40 days. Give Pray Fast: The Fail-Proof Action Guide to Finish Your Fast One of my dear sisters in Christ, Rennie Ling, has written a

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wonderful guide to help people find the larger purpose in fasting.

Fasting for 40 Days | Donna Partow

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Let YOUR Journey Begin! Get ready to experience the best 40 days of your life! The 40 Day Soul Fast is an eight-week study of the life of the soul, the practice of

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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

The\$40\$Day\$Soul\$Fast\$Calendar\$ Sunday \$Monday\$  
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## 40DayCalendar - Soul Fast

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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.

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

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Matthew: "Ignite the kingdom life within you, a fire within you . . . changing you from the inside out . . . make a ...

Soul Fast - books

40 Days to Discovering the Real You: Learning to Live Authentically. by. Cindy Trimm (Goodreads Author)  
4.61 · Rating details · 31 ratings · 2 reviews. 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.

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40 Days to Discovering the Real You: Learning to Live

...

Each of the statements reflects one of the 40 characteristics of an authentic person—beginning from how authentic you are with your own self to how authentically you relate to others. As you will discover from reading the book or working through the journal, each day of The 40 Day Soul Fast focuses on one of the 40 characteristics—each ...

Soul Fast - aq

Fasting these first few days can be difficult, but there are mental and physical benefits. Mentally, the act of fasting is an excellent way to exercise your willpower.

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Similar to the strength runners might feel after pushing their body to run that extra mile, people who choose to fast can feel strength as they fight through those natural urges ...

The Stages of Fasting: What Happens To Your Body When You ...

Get ready to experience the best 40 days of your life! Cindy Trimm is an empowerment specialist, respected prophetic voice, bestselling author, life coach, Ambassador of Hope, and a twenty-first century world leader who has partnered with heads of state, business moguls, politicians, church, civic, and world leaders for more than 30 years to equip and empower



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millions to maximize their potential. She founded Cindy Trimm International (CTI) to bring practical solutions to spiritual and social ...

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