



The Daniel Plan Jumpstart Guide: Daily Steps to a Healthier Life

Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman

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The Daniel Plan Jumpstart Guide provides a birds-eye view of getting your life on track to better health in five key areas: Faith, Food, Fitness, Focus, and Friends being the secret to a healthy lifestyle. This quick guide provides all the key principles for readers to gain a vision for health and get started. This booklet is a 40-day guide that breaks out existing content from *The Daniel Plan: 40 Days to a Healthier Life* into day-by-day action toward a healthier life and encourages readers to use *The Daniel Plan* and its compatible journal for more information and further success.

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