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Book Club Invitation - 40 Day Soul Fast Give Up Negativity for Lent: Day 1 of The 40-Day Soul Fast with Cassandra Mack 40 Day Soul Fast Free Feature Moment With Cindy Trimm Dr Cindy Trimm, The 40 Day Soul Fast: Book Review The 40 Day Soul Fast Fasting For 40 Days| Update Dr.

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Cindy Trimm - The Nature of The Soul

Book review: 40 Day Soul Fast Dr. Cindy Trimm **The 40 Day Soul Fast by Dr. Cindy Trimm 40 Day Fast: Week 1** Giving Up Negativity For Lent: Day 24 of the soul fast day with Cassandra Mack **Atomic Power of Prayer (FULL, Fixed, Anointed) by Dr. Cindy Trimm! Spiritual Warfare** Prophetess Juanita Bynum \u0026 Dr Cindy Trimm Women on the Front Line 5 In Life You Will Encounter People Who Cannot Handle Your Glare **HEALING PRAYER** by Dr. Cindy Trimm Commanding Your Morning Prayer How Being Double Minded Is A Set Up for Self Sabotage \u0026 Unhappiness **How Sharp is Your Focus - with Dr. Cindy Trimm from \"The Prosperous Soul\" Curriculum Tapping Into The Peace of God That Surpasses All Understanding** After 40 days of fasting *Entrepreneurial Declaration - Cindy Trimm Part I Give Up Negativity For Lent: Day 6 of the Soul Fast Giving Up Negativity for Lent: Day 33 of the Soul Fast with Cassandra Mack Giving Up Negativity For Lent: Day 39 of the Soul Fast with Cassandra Mack Dr. Cindy Trimm | Transform Your Soul | It's Supernatural with Sid Roth Official Trailer for \"The 40 Day Soul Fast Curriculum\" from Cindy Trimm **The 40 Day Soul Fast by Dr. Cindy Trimm***

40 Day Soul Fast - The Movement 40 DAY SOUL FASTING DAY 1 x264 ~~40 Day Soul Fast Workbook~~

And this is the point of a Soul Fast. The Soul Fast Workbook, is a 40-day personal journey into the care and well-being of your soul.

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This workbook, will equip you with powerful tools that will empower you to renew your mind, take good care of your soul and replenish your spirit.

~~The Soul Fast Workbook: A 40 Day Fast To Eliminate Toxic ...~~

Read The Creed provided at the back of this booklet everyday for the next 40 days. *For the next 40 days, set aside 40 minutes each day to invest in the life of your soul. WEEKLY: 1. Read each week's article post available for download at www.soulfast.com. 2. Listen to each week's video-lesson. DAILY 3.

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The 40 Day Soul Fast is one of the best books I have read because it strongly encourages you to work on you as an individual, as well as, your relationship with Jesus Christ. If you want to grow into your authentic self while growing your relationship Jesus Christ, please read and implement honesty while reflecting on the questions

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throughout the book.

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

The 40 Day Soul Fast 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.

~~Soul Fast~~

The 40 Day Soul Fast Guide: 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 includes a 40-day workbook, plus weekly DVD viewing guide.

~~The 40 day Soul Fast DVD set 793573227546 — Biblestore.com~~

The Soul Fast Workbook: A 40 Day Fast To Eliminate Toxic Thoughts & Emotions That Eat Away At Your Happiness & Undermine Your Success | Cassandra Mack | ISBN: 9781521012376 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon.

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The Soul Fast Workbook, is a 40-day personal journey into the care and well-being of your soul. This workbook, will equip you with powerful tools that will empower you to renew your mind, take good care of your soul and replenish your spirit.

~~The Soul Fast Workbook — Payhip~~

It includes a 40-day workbook, plus weekly DVD viewing guide. Churches, organizations, small groups, and families are encourage Get ready to experience the best 40 days of your life! The 40 Day Soul Fast Participant's Guide: 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: Participant's Guide by Cindy Trimm~~

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The 40 Day Soul Fast Participant's Guide: 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 includes a 40-day workbook, plus weekly DVD viewing guide.

~~The 40 Day Soul Fast Study Guide eBook by Cindy Trimm ...~~

Download Ebook 40 Day Soul Fast Workbook The Soul Fast Workbook, is a 40-day personal journey into the care and well-being of your soul. This workbook, will equip you with powerful tools that will empower you to renew your mind, take good care of your soul and replenish your spirit. 40 Day Soul Fast Workbook - Page 13/25

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[FREE] Finding Mezcal: A Journey into the Liquid Soul of Mexico, with 40 Cocktails

Have you ever noticed that when you're bogged down with negative thoughts and intensely overwhelming emotions that it's difficult to

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enjoy your life and focus on the things that matter most to you? Everything that we take in mentally, emotionally and spiritually has a profound effect on our happiness and success. From the things that we see on television and social media, to the conversations we entertain, the pain that we've been through, the resentment that we hold on to, as well as the thoughts that run rampant in our minds throughout the course of the day. You may not realize it, but when your mind is overwrought with negative thoughts and counterproductive self-talk or you're weighed down in your spirit with toxic emotional baggage, it's difficult to feel successful and fully enjoy your life. This is why, it is extremely vital that every now and then, that you do a Master Cleanse for your heart and mind. When our hearts and minds are congested with psychological toxins and spiritual debris; it impacts our ability to enjoy the fullness of life. From self-limiting beliefs, to toxic relationships to dysfunctional mindsets rooted in childhood wounds to choosing choices that undermine your success, when your soul is saturated with self-doubt, self-defeatist thinking, resentment and depression you don't experience life to the fullest because you are not operating from your God given spirit of power, love and soundness of mind (2 Timothy 1:7). And whenever we operate from the realm of heaviness, brokenness and overwhelm, rather than our authenticity and inner power, we cannot show up for life as our best and brightest

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selves. This is why it's vital, to not just detox our bodies, but more importantly to detox our hearts and our minds. And this is the point of a Soul Fast. The Soul Fast Workbook, is a 40-day personal journey into the care and well-being of your soul. This workbook, will equip you with powerful tools that will empower you to renew your mind, take good care of your soul and replenish your spirit. Grounded in Bible-based principles, The Soul Fast Workbook will show you exactly how to detox from toxic mindsets, beliefs, emotions and decision-making processes that: undermine your happiness, eat away at your peace, chip away at your self-esteem and sabotage your success. The hard, cold truth about negativity is this: the more we allow our hearts and minds to become saturated with counterproductive beliefs, mindsets, attitude and emotions, be it our own self-defeatist inner dialogue or the drama and dysfunction that other people try to bring into our world; the more we become weighed down by emotional baggage that is too heavy to carry and that adversely affects how we show up for life. And believe it or not, we carry this toxic energy or spirit of heaviness wherever we go; because whatever we're carrying on the inside is eventually birthed out through our conversations, interactions and choices. But the good news is, you don't have to be weighed down with thoughts and emotions that do not serve you well. You can heal the broken places in your soul like: broken self-esteem, a broken self-concept, broken

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courage, broken focus, broken faith, broken goals and dreams and even a broken heart. Do you want a soul that is healthy and whole? Then let, The Soul Fast Workbook guide you through a proven process that will help you begin to build a resilient thought life and restore the broken places in your soul. The Soul Fast Workbook paperback version, comes with Bonus Pages of Inspirational Writings and Suggested Steps To Start Your Own Soul Fast Group

"...an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It includes a 40-day workbook, plus weekly DVD viewing guide. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. 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." --P. [4] of cover.

Get ready to experience the best 40 days of your life! The 40 Day Soul Fast Participant's Guide: 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 includes a 40-day workbook, plus weekly DVD viewing guide. Churches, organizations, small groups,

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and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. 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. 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.

The Soul Fast Workbook, is a 40-day personal journey into the care and well-being of your soul. This workbook, will equip you with powerful tools that will empower you to renew your mind, take good care of your soul and replenish your spirit. Grounded in Bible-based principles, The Soul Fast Workbook will show you exactly how to detox from toxic mindsets, beliefs, emotions and decision-making processes that: undermine your happiness, eat away at your peace, chip away at your self-esteem and sabotage your success. The Soul Fast Workbook is divided into 4 sections: your thought life, your emotional life, your choices and your relationships. Section 1 of The Soul Fast Workbook, focuses on The Mind. It encompasses day 1 through 10, where you'll be fasting from toxic mindsets and counterproductive self-talk. Section 2 focuses on The Heart. It encompasses days 11 through 20, where you'll

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be detoxing from emotions that bring down your mood and intensify fear-based feelings like: inadequacy, self-loathing, rejection, dejection, and envy. Section 3 deals with The Will. It includes day 21 through 30 where you'll be assessing your choices so that you can figure out how to stop making decisions that work against your own wellbeing and success. Section 4 focuses on your Relationships. It encompasses day 31 through 40 where you'll be evaluating your relationships so that you clearly determine which relationships are producing good fruit in your life and which ones are draining you and pulling you away from purpose.

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. 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

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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! 40 Days to Discovering the Real You 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!

What would you be willing to give up to experience the presence of God in your life again? Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. Welcome to the 40-Day Sugar Fast, a fast that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself--the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey you'll learn how to stop fixating on

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food and other things you use to fill the voids in life and instead fix your eyes on Christ. Anyone who runs to sugar for comfort or a reward, who eats mindlessly or out of boredom, who feels physically and spiritually lethargic, or who struggles with self-control will discover here not only freedom from their cravings but an entirely new appetite for the good things God has for us.

Numbers held great significance to the ancients, and the number 40 is constant in a variety of spiritual traditions. With 40 Day Mind Fast Soul Feast, you may begin your own 40 day transformational, mystical journey with a wise, experienced guide who has walked the terrain for 30 years as a practitioner and teacher of meditation, affirmative prayer and the Life Visioning Process.

Get ready to Experience the best 40 days of your life! **Ebook version does not include DVD** The 40 Day Soul Fast Leader's Guide: 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 includes 8 weekly teachings on DVD, leader's guidelines, & additional resources for establishing & facilitating

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groups. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. 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. 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.

Start Living Abundantly in 40 Days! I came so they can have real and eternal life, more and better life than they ever dreamed of. –Jesus
It's time for you to stop settling for anything less than the abundant life that Jesus came to give you. This prosperous life is available to you—it all starts with making healthy soul choices! This companion devotional to The Prosperous Soul from Dr. Cindy Trimm will lead you on an interactive 40-day journey to choosing abundance in every area of your life. Over the next 40 days, you will... Make key decisions that position you to fulfill your dreams and desires Learn how to enjoy prosperity in every area of your life: Spiritually, mentally, physically, relationally, vocationally, and financially. Discover 40 key practices for living your most prosperous life A prosperous soul

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is your all-access pass to living a rich and satisfying life. Get ready to start using these 40 practices and enjoy the abundant life that Jesus promised today!

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