

THE 40 DAY SOUL FAST

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[The 40 Day Soul Fast Handbook](#)

The primary aim of the 40 Day Soul Fast is to "lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us" (Hebrews 12:1).

[Soul Fast](#)

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.

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[4 A PERSONAL WORD FROM DR. CINDY TRIMM](#) If you are reading this, you are taking part in the 40 Day Soul Fast. Please remember the purpose of the Soul Fast is to eliminate the toxins in your soul, not your body.

[The 40 Day Soul Fast: Your Journey to Authentic Living ...](#)

[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.

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[The 40 Day Soul Fast: Your Journey to Authentic Living ...](#)

The 40 Day Soul Fast Curriculum is an eight week 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.

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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!

Fasting for 40 Days | Biblical Fasting | Extended Fast ...
Fasting for 40 Days (or 21 Days!) for Spiritual Breakthrough and Physical Health Benefits. Are you considering a 21-days fast or even a 40-day fast? Discover the 5 Phases of Fasting so you'll know exactly what to expect every step of the way in this valuable free guide, *The Secrets to Extended Fasts*. Fasting for 40 days is a great way to transform your spiritual and physical health. Yes, you

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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.

The 40 Day Soul Fast Journal - Trimm, Cindy ...
Product Description. 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.

40 Day Soul Fast

The goal of this 40 Day Soul Fast is to guide you through the process of discovering who you really are, assist you in the examination of all your objectives and relationships, and thrust you onto

The 40 Day Soul Fast Journal - eBook: Cindy Trimm ...
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.

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

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