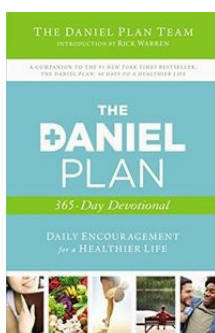


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Your value doesn't come from the clothes you wear, a number on a scale, your career, or your success with a health plan on any given day. You are of immense value because God made you. Rick Warren, The Daniel Plan 365-Day Devotional: Daily Encouragement for a Healthier Life //

Reader's Opinions

I loved this book! Great companion with the other Daniel Plan book and materials, but can also easily be read/used independently. Full of great insight regarding health, nutrition/food, fellowship, prayer, faith, friends, and fitness. Also full of Scripture and other Biblical principles. Especially useful if you are trying to focus...

The nature of the subject makes the devotional repetitive, but it comes in super well in reminding the