## FOOD STUDY GUIDE WITH DVD: ENJOYING GOD'S ABUNDANCE

In this four-session video-based Bible study, The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the second essential of The Daniel Plan: Food.The sessions include:Learning to Live Abundantly (27:00)Jumpstart Your Health (28:00)Cravings, Comfort Food, and Choices (21:00)Designing Your Eating Life...



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## Food Study Guide with DVD: Enjoying God's Abundance

Author	Rick Warren
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