

THE DANIEL PLAN ESSENTIALS CHURCH-WIDE CAMPAIGN KIT

In this five-DVD, five-book study, The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the five essentials of the Daniel Plan: Faith, Food, Fitness, Focus, and Friends. Each session highlights testimony from those who have incorporated The Daniel Plan into their everyday lifestyle, plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The...



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