

DER DANIEL-PLAN: IN 40 TAGEN ZU EINEM GANZHEITLICHEN LEBEN

Ganzheitliches Leben ist in aller Munde. Wie kann man gleichzeitig fitter, fokussierter, gesünder und erfolgreicher leben, ohne dass Beziehungen und die eigene Seele zu kurz kommen? Das bemerkenswerte Autoren-Trio Rick Warren, Daniel Amen und Mark...



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Der Daniel-Plan: In 40 Tagen zu einem ganzheitlichen Leben

Author	Rick Warren
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Peek Inside the Book

The Bible is filled with verses on the importance of community. Hebrews 10:25 says, Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another (NIV 1984). Galatians 6:2 says,...

60 percent of your brain is made from fat, specifically DHA. Rick Warren, The Daniel Plan: 40 Days to a Healthier Life //

Reader's Opinions

This is an easy read and offers great thought to making life style changes. I definitely will be using this information to make the lifestyle changes I need to make.

I was honestly a little disappointed in this. It's basically just clean eating/Whole30 light with a Rick Warren title. All of the same info is found in other (free) sources, including the Dr. Oz show, who happens to be one of the contributors in the book. The recipes were just different enough that I don't plan on doing any of them,...