



# **Food Study Guide with DVD: Enjoying God's Abundance (The Daniel Plan Essentials Series)**

*Dr. Mark Hyman, Dee Eastman*

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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:

1. Learning to Live Abundantly (27:00)
2. Jumpstart Your Health (28:00)
3. Cravings, Comfort Food, and Choices (21:00)
4. Designing Your Eating Life (31:00)

Each session will highlight 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 Daniel Plan. Each of the other DVD/Study Guides will focus on another essential: Faith, Fitness, Focus, and Friends.

This pack contains one study guide and one DVD.

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