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Cindy Trimm

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The 40 Day Soul Fast Journal. by. Cindy Trimm (Goodreads Author) 4.60 · Rating details · 30 ratings · 1 review. Get ready to experience the best 40 days of your life! 40 Days to Discovering the Real You: Learning to Live Authentically is an eight-week study of the life of the soul, the practice of fasting, and the process

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of living more authentically.

The 40 Day Soul Fast Journal by Cindy Trimm

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The 40 Day Soul Fast Journal - eBook: Cindy Trimm ...

The 40 Day Soul Fast Journal - Trimm,
Cindy - 9780768440294 -
<http://lighthousechristianbooks.com/> The
40 Day Soul Fast Journal focuses on the
40 characteristics from the book, and

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includes summaries of each characteristic, action steps, quotes from the book, journaling space and more to help readers journey into a personal, authentic lifestyle.

The 40 Day Soul Fast Journal - Trimm, Cindy ...

~A journal, or a copy of the Soul Fast

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Journal, or you can download the Soul Fast App for \$1.99 ~A couple of friends who are willing to do the Soul Fast with you. It makes the journey fun, plus you have someone to talk to about the changes happening in your life.

~Scheduled appointments for time to just meditate on the challenges each day.

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The 40 Day Soul Fast: Your Journey to Authentic Living ...

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40 Day Soul Fast - free PDF, FB2, FB3, TXT

CINDY TRIMM If you are reading this, you are taking part in the 40 Day Soul Fast. Please remember the purpose of the Soul Fast is to eliminate the toxins in

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your soul, not your body. However, because the body and soul are interconnected, what is good for one is good for the other!

The 40 Day Soul Fast Handbook

Let YOUR Journey Begin! Get ready to experience the best 40 days of your life! The 40 Day Soul Fast is an eight-week

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study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out.

Soul Fast

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After completing a few 10-day fasts, then you'll be ready to try fasting for 40 days. Give Pray Fast: The Fail-Proof Action Guide to Finish Your Fast One of my dear sisters in Christ, Rennie Ling, has written a wonderful guide to help people find the larger purpose in fasting.

Fasting for 40 Days | The Secret to

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Extended Fasts

Fasting these first few days can be difficult, but there are mental and physical benefits. Mentally, the act of fasting is an excellent way to exercise your willpower. Similar to the strength runners might feel after pushing their body to run that extra mile, people who choose to fast can feel strength as they

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fight through those natural urges ...

**The Stages of Fasting: What
Happens To Your Body When You ...**
Day soul fast workbook

**(PDF) Day soul fast workbook | foon
tage - Academia.edu**
She founded Cindy Trimm International

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(CTI) to bring practical solutions to spiritual and social ills and has received multiple honors and awards. She is the author of *The Rules of Engagement and Commanding Your Morning*, and has been featured on many television, streaming, and radio programs. *40 Days to Discovering the Real You*

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The 40 Day Soul Fast Journal by Cindy Trimm | Koorong

Get ready to experience the best 40 days of your life! The 40 Day Soul Fast: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a

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transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out—as we ...

**40 Day Soul Fast by Cindy Trimm,
Paperback | Barnes & Noble®**

Cindy Trimm (Goodreads Author) 4.50 ·

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Rating details · 349 ratings · 27 reviews.
Get ready to experience the best 40 days of your life! The 40 Day Soul Fast: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically.

The 40 Day Soul Fast: Your Journey

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to Authentic Living by ...

Embark on an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. Drawing on her book, *The 40-Day Soul Fast*, Trimm's daily journal identifies 40 characteristics to help you be true to yourself. Includes actions steps, quotes, and plenty of space to

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record what God is teaching you.

40 Days to Discovering the Real You: Learning to Live ...

FREE APP: 40 Day Soul Fast by Cindy Trimm (Today ONLY!!!) Saturday, December 31, 2011. FREE App ~ The 40 Day Soul Fast. Today ONLY!!! Get ready to experience the best 40 days of your

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life! Includes the entire journal, ready for you to follow along day by day and read aloud by the author

FREE APP: 40 Day Soul Fast by Cindy Trim (Today ONLY!!!)

Some things to pray and journal about while fasting and over the next 40 days:
Wisdom Wisdom [is] the principal thing;

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[therefore] get wisdom: and with all thy
getting get understanding. Proverbs 4:7
Favor I intreated thy favour with [my]
whole heart: be merciful unto me
according to thy word. Psalms 119:58
Anointing

**Fasting and Prayer Journal -
Christian Fellowship Church**

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The 40 Day Soul Fast Journal focuses on the 40 characteristics from the book, and includes summaries of each characteristic, action steps, quotes. The 40 Day Soul Fast Journal. Trimm suggests that the book be. The 40 Day Soul Fast Journal, Cindy Trimm

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Journal by catharineia on ...

Bestselling author and empowerment specialist, Dr. Cindy Trimm invites you to join The Soul Fast Movement — a liberating journey to greater mental, emotional, and spiritual health for not only individuals, but also nations around the world!

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SOUL FAST MOVEMENT

Free shipping on orders of \$35+ from Target. Read reviews and buy 40 Day Soul Fast - by Cindy Trimm (Hardcover) at Target. Get it today with Same Day Delivery, Order Pickup or Drive Up.

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