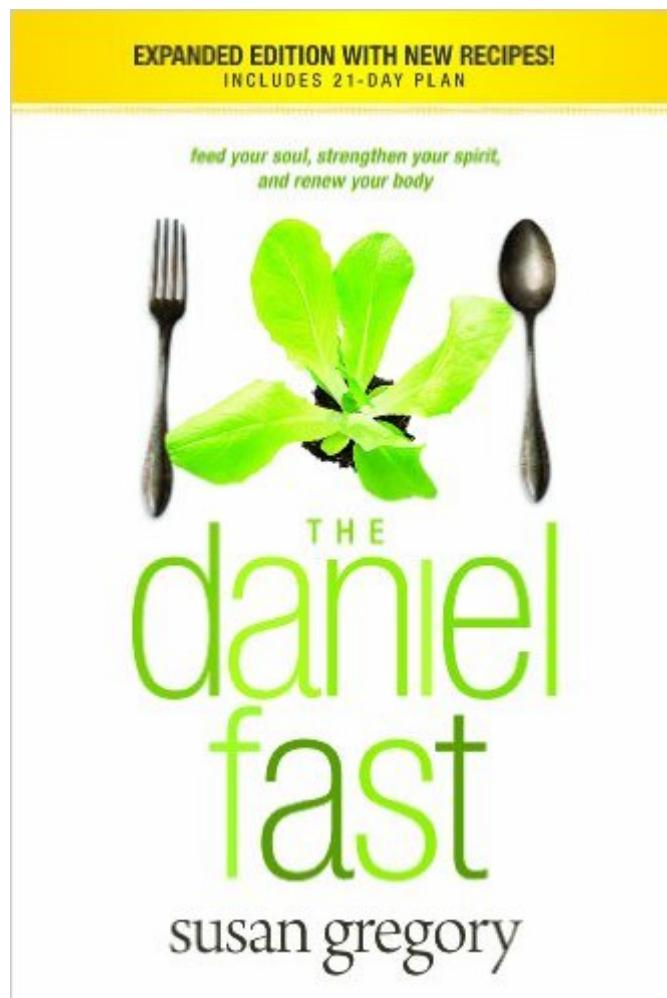


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# The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, And Renew Your Body



## Synopsis

What if you could grow closer to God and improve your health in just 21 days? Susan Gregory, "The Daniel Fast Blogger" has a plan to help you do just that. Widely recognized as the expert on this 21-day fast inspired by the book of Daniel, Susan has helped thousands of people discover a safe and healthy way to fast. The principles you learn from The Daniel Fast will change the way you view food, your body, and your relationship with the one who created you. Includes 21 days' worth of Daniel Fast recipes! Visit [www.daniel-fast.com](http://www.daniel-fast.com)

## Book Information

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Average Customer Review: 4.8 out of 5 stars (See all reviews) (674 customer reviews)

Best Sellers Rank: #22,792 in Books (See Top 100 in Books) #16 in Books > Religion & Spirituality > Worship & Devotion > Ritual #296 in Books > Christian Books & Bibles > Worship & Devotion #478 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Fasting is a Christian discipline that is rarely talked about in the Christian church, so I found the book, The Daniel Fast by Susan Gregory, to be refreshing and enlightening. America has been plagued by an epidemic of obesity - we love our food - and for some they love their food more than they love their God! Fasting was a part of the Jewish culture and great men and women of God through out the Bible, participated in fasting and prayer. Our ultimate example is Jesus our Savior, who went into the wilderness for 40 days to fast and pray. Have you ever gone on a fast? In the last few years I have begun to practice this spiritual discipline. Sometimes it's been with my Good Morning Girls group, often it's with my husband and once with an old friend from high school who now lives in Texas! The support through out the day of emails, texts and prayers has gotten me through some rough days of fasting - (I do love my Diet Coke! I know for others giving up coffee is a struggle!) What is so great about this book is it provides a step by step plan - including how to prepare, some recipes that follow the restrictions and daily devotions for doing a 21 day Daniel Fast.

I have not done a fast that included food so this sparked my interest - maybe I can do this! Susan Gregory says in The Daniel Fast, "The definition of a biblical fast is to restrict food for a spiritual purpose." Susan explains there are three types of fasts - an absolute fast, a normal fast, and a partial fast. The Daniel Fast is a partial fast - abstaining from some foods but not all. Daniel abstained from all foods except foods from the seed and water. So this book explains how to follow his example. Do you wish you had the deep faith of Daniel? One that could lock the jaws of lions in a den?

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