



The 40 Day Soul Fast Leader's Guide

Cindy Trimm

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Get Ready to Experience the Best 40 Days of Your Life

The 40 Day Soul Fast Leader's Guide features an eight-session study on the life of the soul, the practice of fasting, and the process of living more authentically. Churches, organizations, small groups and families are encouraged to travel together through this 40-day experience to greater mental, emotional, and spiritual health. This transformational journey will give you the tools to:

- enlarge their personal capacity
- walk in Wholeness
- lead a disciplined, fruitful life
- cultivate an attitude of gratitude
- boldly live out the most authentic expression of themselves

As you encourage others to participate in this study, you are helping to lead an unstoppable movement!

One healed soul CAN heal the world!

**The 40 Day Soul Fast Leader's Guide is designed to accompany The 40 Day Soul Fast DVD Study*

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