

The 40 Day Soul Fast Your Journey To Authentic Living Cindy Trimm

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40-Day Journey with Dietrich Bonhoeffer
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*Study Guide is designed as a companion piece of the Reclaim Your Soul DVD Curriculum Take back your life! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2) Have you ever wondered...If everyone wants to succeed, why do so few people become successful? Can certain relationship patterns prevent me from stepping into my destiny? Are there habits or behaviors in my life that keep me from fulfilling my purpose? Develop the skills you need to succeed in life! While The 40 Day Soul Fast focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist, Dr. Cindy Trimm delivers her follow-up —Reclaim Your Soul, which focuses on the 40 behaviors of a resilient person. By going through the Reclaim Your Soul study guide—either individually or in group study—you will discover how to: Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day!

The 40 Day Soul Fast Study Guide

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DIV/DIV Beat the devil at his own game and wage warfare with confidence! /div/div

The Workbook and Journal

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*DVD Study is designed as a companion piece to the Reclaim Your Soul Study Guide Take back your personal power! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John

2) Have you ever wondered? If everyone wants to succeed, why do so few people become successful? Can certain relationship patterns prevent me from stepping into my destiny? Are there habits or behaviors in my life that keep me from fulfilling my purpose? Develop the skills you need to succeed in life! While The 40 Day Soul Fast focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist, Dr. Cindy Trimm delivers her follow-up ?Reclaim Your Soul, which focuses on the 40 behaviors of a resilient person. By going through the Reclaim Your Soul video sessions? either individually or with a group? you will discover how to: Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day!

The 40-Day Social Media Fast Independently Published

Get ready to experience the best 40 days of your life! The 40 Day Soul Fast Participant 's Guide: 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 includes a 40-day

workbook, plus weekly DVD viewing guide. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. 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. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can.

Your Journey to Personal Empowerment
Createspace Independent Publishing Platform
Every human being suffers pain in life. No one's life is devoid of suffering. Be it in the form of heartbreak, traumatic event or setbacks. From all these the soul requires healing. Lessons are to be drawn from them with a need to move on and evolve. But sometimes incidents damage us in ways which require rehabilitation. But few sources are there to address them and offer rehabilitation. This is a book that gives a message of consciousness and the realization of one's talents and potentialities to fulfill them. It's a thrilling tale of a woman who quests to find inner satisfaction and in the process touches lives of many, a journey of love and self-discovery. Though a work of fiction, it is inspired by true events which offer healing to the soul. It is narrated with prose and poetry which will engage the readers and also satisfy literary readers. The book involves 3 main characters of different occupations and ethnic origins who go through different hardships suffering heartbreaks, abandonments, compromises, and breakthroughs during their quest for a deeper meaning of life. In the course of their adventures love, consciousness, happiness, healing, Africanism, masculinity, feminism, polygamy, religion, vulnerability, and maturity are discussed. Ultimately, life lessons are learned from this entire phenomenon where love and self-actualization prevail. The author Benyf, a former Morris Brown College student, a graduate of Fisk University and of Georgia State University gives a heart-written narration with the purpose to heal others' hearts, a road map for the next generation. Psychological ideas such as self-actualization, identity crisis, consciousness, and change are explored. It's a reflection on feminism and evolution with important life lessons to be learnt. Furthermore, the book offers its services for everyone, male or female, universal or unique. Take a dive into this world of Benyf to enrich and

revitalize soul.

Made for More Destiny Image Pub

Take back your personal power! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2 NKJV) Have you ever wondered... If everyone wants to succeed, why do so few people become successful? Can certain relationship patterns prevent me from stepping into my destiny? Are there habits or behaviors in my life that keep me from fulfilling my purpose? Develop the skills you need to succeed in life! While The 40 Day Soul Fast focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist, Dr. Cindy Trimm delivers her follow-up—Reclaim Your Soul, which focuses on the 40 behaviors of a resilient person. Learn how to:

- Identify destructive relationships in your life and break free from their harmful impact
- Avoid unhealthy emotional attachments and shield your soul from possible damage
- Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose

Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day!

The 40 Day Soul Fast Study Guide Destiny Image Publishers

Get ready to Experience the best 40 days of your life! **Ebook version does not include DVD** The 40 Day Soul Fast Leader's Guide: 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 includes 8 weekly teachings on DVD, leader's guidelines, & additional resources for establishing & facilitating groups.

Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. 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. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can.

A DVD Study Createspace Independent Publishing Platform

Perfect for use during Advent or Lent, these volumes includes passages from Scripture and opportunities for reflection and prayer.

The Prosperous Soul Destiny Image Publishers

This book is a practical and common sense approach to helping you overcome self defeating behavior. It explores some of the ways that you may have contracted the limiting, deep seated beliefs that are keeping you stuck in negative patterns. It is presented in a humorous and somewhat sagacious way, which gets "in your face" and makes you think. This work touches on many of the world religions, just enough to help you understand

how they, along with parental and peer pressures have led you to think and act the way you do. It also looks at the possibility of soul choices and karma and even alien influences as a reason for you actions. Above all it gives you tools you can use to rethink your deepest beliefs thereby recreate your reality, regardless of where it came from.

Personalized Children's Books, Personalized Gifts, and Bedtime Stories Hay House Incorporated
The 40 Day Soul Fast Your Journey to Authentic Living Destiny Image Publishers

Detox Your Soul Thomas Nelson

Where am I? I am lost. Suddenly I hear the Voice, I see the Light. In the deepest throes of confusion and heartache comes the Light that reunites one with the universe. From the death of a loved one emerges a newfound acceptance and the ultimate freedom of the soul. In a swirl of injustice and hypocrisy, the soul valiantly fights back. These healing lessons and many more are the topics of The Battle and Victory of the Soul, South African poet Nozipho Zubane's inspiring and mystical collection that draws from her own painful experiences and spiritual growth. Anyone who is seeking words of comfort and encouragement to turn their own lives around will find much solace and support in these thought-provoking, healing meditations. Written for seekers of all ages and walks of life, this stirring collection represents an authentic and true expression of the raw emotions Nozipho confronted when she found herself at a crucial crossroads in her own life. After resolving to remove herself from the toxic corporate environment in which she existed, the poet embarked on a course to search for greater purpose and meaning. After two years with no job and an empty savings account, she was driven to live as a recluse. It was then that she underwent the deep emotional cleansing that transformed her life. Initially longing for intellectual stimulation, human contact, and material comfort, she endured many dark nights of the soul, to ultimately be saved by the grace of God. Whether gently illustrating the redemptive power of the soul or reconsidering the complexity of love, each poem furthers the book's abiding goal to help other people heal their wounds in order to reach their full potential. With its fresh perspective and all-embracing approach, The Battle and Victory of the Soul is certain to offer individuals a lifeline to reconnect with their souls in new and restorative ways. It's a spiritual wealth of hope and healing that may just bring new light to the darkest days.

The Forty-Day Word Fast Wisewoman Press

We have all asked the questions, "Who Am I?", "Where Am I?", and "What Am I?". In **MADE FOR MORE- A Journey of Purpose and Discovery**, the reader will maneuver through these questions in order to understand the larger picture for their life. The ultimate goal is to lead the reader to understand they are made for a great purpose through Jesus. Through God and the message of hope found in scripture, the reader will discover they are truly **Made For More**.

A 40-Day Lent Devotional Destiny Image

Publishers

Inner peace is finally within reach with Tami Shaikh's groundbreaking new book, *Detox Your Soul*. Do you often find yourself wishing to rid yourself of all the negative, harmful influences that often make life so difficult? Look no further than this new thirty-day program that helps you cleanse away your spiritual, mental, and emotional toxins and remove these relentless daily obstacles once and for all. Beginning with day one, you'll learn how to face your inner demons and build up your self-esteem. The strategies are designed to be incorporated into your daily life—no drastic changes to your routine are needed! Waking up just ten minutes earlier and going to bed just ten minutes later each day gives you all the time you need to see-and feel-a difference. Each of the thirty chapters provides a section for you to record your innermost thoughts, reflections on that day's exercises, and what you have achieved both physically and spiritually in the last twenty-four hours. By the end of the thirty-day program, you'll feel more in tune with your spirit, mind, and emotions. Most importantly, you'll have gained the tools to cleanse your soul for a lifetime to come. **The Soul Fast Workbook: A 40 Day Fast to Eliminate Toxic Thoughts & Emotions That Eat Away at Your Happiness & Undermine Your Success** Augsburg Books
A girl learns about different religions when she asks what will happen to her puppy's soul.

A Companion to Reclaim Your Soul Destiny Image Publishers

Take back your life in 40 Days! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2) Activate the skills you need to succeed and take back your life! This companion devotional to Reclaim Your Soul from Dr. Cindy Trimm will lead you on an interactive 40-day journey to becoming a resilient person. Over the next 40 days, you will... Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. Get ready to practice 40 disciplines that will lead you into a more resilient life where success and freedom become your new normal!

The New Magnified Version of Isaiah in Plain English! Createspace Independent Publishing Platform

GetReadytoExperiencetheBest40Daysof 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! OnehealedsoulCANhealtheworld!

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

The 40 Day Soul Fast Red Adept Publishing, LLC

Have you ever questioned life and wonder why you? Can you hear yourself saying, "Is there more to life than this?" I can identify this with you. Did you know? Our brain process approximately 70,000 thoughts on an average day. Often many wonder why so many give up and quit in life. In this book I will show you how to rise above mediocrity. No more settling for less than God's best and only fantasizing about your heart desires - Its time you Rise Above, Now.

Reclaim Your Soul Createspace Independent Publishing Platform

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 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 are told by Jesus in the book of Matthew: “ Ignite the kingdom life within you, a fire within you . . . changing you from the inside out . . . make a clean sweep of your lives ” (Matthew 3:11). When all is well with the souls of humanity, all will be well in the world. When you have peace in your soul, you will bring that peace to bear on the world around you—you will become the change you are hoping to see. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can. Join the Soul Fast Movement by going to www.soulfast.com. There you will find soul-empowering resources and tools to not only transform your life, but the world! The 40 Day Soul Fast promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life!

A Different Kind of Hunger. A Different Kind of Fast. Moody Publishers

This book is about you, getting to know yourself for who you really are and learning how to see all the good there is for you already in place. It is an invitation to look at yourself and your life and see all the wonder and magnificence. Are you ready? Is your life ready for a MAJOR CHANGE At last, a readable semi-autobiographical book outlining 'religious science based life plans' in the areas of HEALTH, WEALTH, CAREER, RELATIONS and more! DePalma bares her soul to reveal how she climbed out of the 'dark' valley into a life filled with glowing success. READ THIS BOOK ---and start your own climb---you can do it too! Walter J. Peach, Ph.D., Religious Science Practitioner (retired) If you would like to improve the quality of your life, then this book will guide you down the

path of "self discovery" showing you step by step how to achieve the life that you want. Exposing her vulnerability and sharing with you how she transformed her life is a genuine blessing to every reader. You will surely relate too many of her life challenges, how she moved through them and how you can too. The book includes numerous tools and exercises that you can use to speed up your transformation. I highly recommend that you take up Cath's challenge. Go ahead and say it, "I'll show you!" Bruce I. Doyle, Ph.D. Former GE Executive, President of Growth Dynamics Coaching. Duality Is the Illusion Createspace Independent Publishing Platform The 40 day soul fast leader's guide: 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 includes 8 weekly teachings on DVD, leader's guidelines, & additional resources for establishing & facilitating groups." --Cover back.