

The Fasting Edge Recover Your Passion Recapture Dream Restore Joy Ebook Jentezen Franklin

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Fast This Way Baker Books

Recharge your spiritual energy as you reinforce your progress with this companion journal to The Fasting Edge.

Living Clean: The Journey Continues Penguin

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A NEW YORK TIMES BESTSELLER "Brilliant and enthralling."? –The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time's most influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable." This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, *Lifespan* will forever change the way we think about why we age and what we can do about it.

Suffering and the Sovereignty of God Rodale Books

This five-week interactive study resource package is perfect for both individuals and small groups interested in gaining understanding, growing their faith, and drawing closer to God. This program involves a Fasting DVD and "Fasting Study Guide," in which Franklin explores this somewhat forgotten spiritual discipline.

Tony Evans Speaks Out on Fasting Chosen Books

A guide to biblical fasting discusses how to choose a fast, the connection between fasting and prayer, the essential components of a successful fast, and what to expect mentally, physically, and spiritually.

Fasting Charisma Media

Inspired by his best friend's battle with cancer and drawing on his years of experience as a physician and the VitalityPro research protocols that he developed with iconic athletes, elite sports programs, respected nutritionists, and behavioral and exercise psychologists, Dr. Frank Merritt has engineered a unique protocol that delivers all the benefits of fasting in a minimum effective dose. Following the protocol outlined in *The 17-Hour Fast* just once a week can deliver performance and health benefits to anyone, from high achievers and athletes to first responders and military personnel to everyday folks. The 17-Hour Fast is founded on a bedrock of cutting-edge scientific data and presented in an intuitive and approachable way by Dr. Merritt and acclaimed writer Phil White (*Unplugged*, *Game Changer*, and *Flight Plan*). Featuring insights from the likes of iconic football coach Gene Stallings, human performance experts Brian Mackenzie and Dr. Andy Galpin, surfing

legends Sam George and Randy Rarick, and several Grammy-winning musicians, this book enables anyone to:

- Cut cholesterol, reduce bacterial overgrowth, and lower toxins
- Start making lifestyle changes that lower body weight and BMI and reduce body fat
- Overcome digestive issues like IBS, fatty liver disease, and acid reflux
- Improve physical and cognitive performance
- Break free from habitual and boredom-related eating
- Create a rich, fully engaged experience before, during, and after fasting
- Achieve many of the benefits of a 48-hour fast in less than half that time, while avoiding many of the pitfalls and risks of more extreme fasts
- Overcome food-related psychological and behavioral issues while turning destructive habits into healthy ones
- Eliminate sugar dependence
- Reduce oxidative stress and inflammation
- Achieve more restful and restorative sleep
- Use fasting to strengthen work-life balance, improve relationships, and focus on helping others

Rewire Your Brain Charisma Media

We live in a toxic world. And with disasters like the Gulf of Mexico oil spill of 2010 and the devastating earthquake and tsunami in Japan that has resulted in nuclear fallout, it is only getting more toxic by the day. But there is hope! In *Toxic Relief*, Dr. Colbert shows you how to deep-cleanse your body right down to the cellular level to renew your vitality, restore your energy, reclaim your health, shed toxic fat, lengthen your life, and give you a healthy glow you haven't had in years.

The Daily Show (The Book) HarperCollins

We all go through times when we feel like we are not living up to our full potential. In *Fasting to Regain Your Edge*, Jentezen Franklin shows you how to recharge your spiritual energy through fasting.

The Healing Creed Moody Publishers

Elmer Towns's *Fasting for Spiritual Breakthrough* has become must-reading as this powerful spiritual discipline of fasting has seen a revival among followers of Christ. Now Towns digs deeper into one of the most popular forms of fasting today, the Daniel Fast. With an emphasis on a healthy, simple diet, the Daniel Fast is named after the prophet Daniel who participated in a partial fast for spiritual purposes. Daniel was taken captive into Babylon when he was sixteen years old. The Babylonian king wanted the young prophet to help him administer his rule over the captive Jews--and he wanted to "Babylon-ize" Daniel, to make the young man of God more like him. The first step the king took in his campaign was to provide a sumptuous feast to tempt Daniel--food fit for a king-- basically fattening comfort foods. In response, the prophet refrained from the king's table, choosing instead to eat only vegetables and to drink only water. He honored God over the king. Dr. Elmer Towns introduces readers to the spiritual, physical, and mental basics of the Daniel Fast, coaching them through either a ten-day or twenty-one-day period of renewal, and he includes original Daniel Fast recipes created by executive chef John P. Perkins. Dr. Towns addresses practical questions, such as what to eat and when, as well as how to pray effectively. Readers will learn how to encounter God during their fast, how to worship through self-discipline, and how to pray for specific answers. They will also explore the role of weeping, repentance, and spiritual warfare in their life of faith. Daniel is a model to God's people of someone who chooses spiritual nourishment over bodily satisfaction, in *The Daniel Fast for Spiritual Breakthrough*, God's people can learn to follow his example.

Charisma Media

Should a disciple of Jesus pray like Jesus? Should our prayers sound like the prayers of Jesus? Would you like to learn to pray in such a way? Initially, we enthusiastically answer, "Yes!" Certainly, anyone who follows Jesus would want to learn to pray like Jesus. Right? But hold on. The prayers of Jesus are different. The prayers Jesus prayed aren't the typical prayers we hear in church or pray ourselves. They are much different. Focused. Intentional. Purposeful Prayer. They are much more than just devotional prayer. Join Dr. Toby Lofton in this devotional prayer book and discover how Jesus can change your life and understanding of your purpose as a disciple. Through daily devotional prayer, you will discover how to apply the prayers of Jesus to your life, your church, your pastor, and even, people yet to become Christians. Praying with Jesus is

an extraordinary experience that can change the way you pray for the rest of your life.

Take Hold of Your Dream Charisma Media

Are you in a season of life where every search for direction, encouragement, or fulfillment seems to come up empty? You thought God had you in a place to thrive and grow, but you are ready to call it quits. There has to be something better. You don't need a new garden; you just need to learn how to dig! In *Acres of Diamonds*, pastor and New York Times bestselling author Jentezen Franklin helps you discover the unfathomable riches Jesus Christ has for you. Rather than chase after a better life, you can celebrate the untold spiritual provision to be found even in the midst of spiritual deprivation. Readers will learn to cherish where God has placed them as they uncover the hidden potential within their families, jobs, ministries, and communities . . . right where they are.

The Daniel Fast for Spiritual Breakthrough Crossway DIV"New York Times"-bestselling author Franklin offers the necessary keys to experiencing powerful transformation in this 21-day fasting journal. Each day provides a specific focus for prayers and fasting, and includes specific reminders of what to expect both physically and spiritually during a fast./div

The Desire of Ages Grand Central Publishing

In the last few years, 9/11, a tsunami, Hurricane Katrina, and many other tragedies have shown us that the vision of God in today's churches in relation to evil and suffering is often frivolous. Against the overwhelming weight and seriousness of the Bible, many Christians are choosing to become more shallow, more entertainment-oriented, and therefore irrelevant in the face of massive suffering. In *Suffering and the Sovereignty of God*, contributors John Piper, Joni Eareckson Tada, Steve Saint, Carl Ellis, David Powlison, Dustin Shramek, and Mark Talbot explore the many categories of God's sovereignty as evidenced in his Word. They urge readers to look to Christ, even in suffering, to find the greatest confidence, deepest comfort, and sweetest fellowship they have ever known.

Fasting Study Guide Destiny Image Publishers

DIVWill you live in FEAR? Or will you live by FAITH? Fear has the deceptive ability to influence and affect our daily lives and the world we live in. What do you fear most in life? What are the greatest threats facing you? Crime? Violence? The economy? Fear Fighters will help you identify and defeat the very source of fear that threatens you from living in peace and joy./div

Fasting for a Miracle Charisma Media

"Are you hungry for more of God in your life? Discover why millions of men and women throughout the world are rediscovering the ancient discipline of fasting--and, as a result, are encountering God in amazing ways. In this authoritative guide, Susan Gregory, 'The Daniel Fast Blogger' and an acknowledge expert on the popular partial fast inspired by the biblical book of Daniel, guides readers toward a successful fasting experience"--Cover, p. 4.

Right People, Right Place, Right Plan DayeLight Publishers

DIVWe all go through times when we feel like we are not living up to our full potential. In *Fasting to Regain Your Edge*, Jentezen Franklin shows you how to recharge your spiritual energy through fasting. /div

The Fasting Edge Victory Belt Publishing

Meet Jesus, the Healer Do you believe in Jesus the Healer? Many Christians confess, I believe in Jesus, the Son of God, the Savior, the Redeemer. But what about Jesus the Healer? Could it be that believers today are not experiencing the fullness of Heavens healing power because they have ignored this vital, ancient identity of Jesus? The Healing Creed is a revolutionary work that shows you how to believe in, activate, and experience the supernatural demonstration of Jesus healing power. Through a blend of practical teaching and powerful, first-hand healing testimonies, you will learn to: Apply the Blood Covenant of Jesus and release miracles into impossible situations Appropriate the redemptive work provided by the Cross over every curse and disease Activate the faithful healing promises of God and stand

firm against sickness Access the untapped healing power of repentance and forgiveness Authoritatively Pray against sickness with confidence to release victorious healing Put the Healing Creed to work in your life and experience the miracle-working power of Jesus today!

The Fasting Edge Journal The Fasting Edge
God has a dream for you, and if you will seek Him, He will reveal and guide you to it. Living your dreams isn't easy. It takes persistence and tenacity, along with faith in yourself, in God, and in the vision He has given you. In this small book, Jentezen Franklin gives you a powerful message of hope: you can do it! The question is not can you dream, but do you have the courage to act on it? Is there a dream in your heart? Has life buried it? Have others told you it's too late? Don't you believe it! Using personal experiences and examples from biblical characters who pursued their dreams to the end, Franklin shows you how to find and walk out your God-given vision for your life.

The Making of a Leader Charisma Media
Stop hitting the spiritual snooze button. Would you describe your walk with God as fresh and exciting? Would you describe your spiritual life as vibrant and passionate? If not, would you like these attributes to be the norm in your everyday relationship with God? Are you ready to experience an awakening?

Awakening helps you stir up your slumbering soul. You ' ll discover how to break out of your season of dryness or get off to a great start either in the New Year or the next season in life. Take your faith-walk from a " going through the motions " or " have to " mindset to the stimulating, fresh " want to " experience of enjoying God ' s presence—24/7.

Weems encourages you to surrender fully, to discover the right kind of fuel for the journey, and to learn a new way to pray and fast. This lifestyle is not based on rules or religion, but on a deep, satisfying, motivating relationship with God. Included in Awakening is a 21-Day Plan that will guide you through the principles that ensure a lasting, fresh relationship with God—even in a world where everything quickly becomes stale. " It ' s time to wake up and put an end to spiritual sluggishness! I promise this year will be the best of your life if it is your best year spiritually. " – Stovall Weems

Fasting for Spiritual Breakthrough Zondervan
We all go through times when we feel like we are not living up to our full potential. In "Fasting to Regain Your Edge," Jentezen Franklin shows you how to recharge your spiritual energy through fasting.