

**The Daniel Plan Jumpstart Guide: Daily
Steps To A Healthier Life
By Rick Warren, Dr. Daniel Amen**



The Daniel Plan Jumpstart Guide: Daily Steps to a Healthier Life group study from Rick Warren (guide sold separately), Dr. Daniel Amen, and Dr. Mark Hyman
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West Virginia's Healthy Bodies Healthy Spirits network launched in October at WV .. Another good way to get people ready for a program like The Daniel Plan. The "Jumpstart Guide / Daily Steps to a Healthier Life" for discussion groups.

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