

40 Day Soul Fast Workbook

You didn't find this book, this book found you. This book will help you gather yourself, take hold of yourself from within, and help you find that place in you, you used to know or never understood. You are setting yourself apart not to be influenced by the negativity that may affect your words or actions. Set apart so that you know you genuinely control your own thoughts. This book is a journey for 40 days into your soul. It gives guidance, tips, and real-life experience on fasting and setting yourself apart for Self-evaluation and Personal Development. This book is for those who need something different at this next level in their lives and who are ready to put aside all the BS and move in the natural, organic flow in every area of your life. In this book, you will find the remedy for those who are exhausted with the mundane and can't take another minute of the ordinary. You will see life, love, peace, joy, and self-worth in these words, and you will be challenged as well. I started this Fast, honestly, because I didn't know what else to do. Yes, even a Quarantine is not enough to stop BS from being a significant factor in your life in isolation, especially when we live life virtually most times. I was at a place where I was equally angry and sad for several reasons, reasons that were taking up residence in the very seat of my soul. I knew what I wanted but didn't know how to get there. I knew I wanted to be healthy, happy, and whole, mind, body, and spirit. Mediocre living or barely existing would not cut it anymore. Mindless, meaningless dating was not the answer either, but how do I get healed. I wanted real, tangible, and stable relationships in my life! I realized I was still angry and sad at how life had treated me in trying to find that "real." I hated the hand I was dealt, and I was furious at God. I wasn't a religious person anymore, but a very spiritual person, which was difficult for me at the time. Then I realized how you could love someone or expect someone to love you when you don't believe the one who created you loves you. I don't know about you, but I didn't want another failed relationship under my belt. So I was doing everything I can to make sure that the next time is my last time. Things that were not only humanly possible but calling on the powers that be for healing, strength, wisdom, knowledge, and understanding, and I got it. This description only speaks of a small portion of this book. Thank you for reading.M. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

What would you be willing to give up to experience the presence of God, your life again? Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. Welcome to the 40-Day Sugar Fast, a work that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself—the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey, you'll learn how to stop fixating on food and other things you use to fill the voids in life and instead fix your eyes on Christ. Anyone who runs to sugar for comfort or a reward, who eats mindlessly or out of boredom, who feels physically and spiritually lethargic, or who struggles with self-control will discover here not only freedom from their cravings but an entirely new appetite for the good things God has for us. Learn How to Prosper in Every Area of Your Life! came so they can have real and eternal life, more and better life than they ever dreamed of.—Jesus Prosperity begins from within. You were created to enjoy prosperity on every level— from a rich spiritual and intellectual life, to a richness in your relationships and professional pursuits! The problem is that prosperity has often been reduced to a single measure: A dollar amount. Truth is, financial abundance is just one expression of what it means to live a rich life. Bestselling author and life empowerment specialist, Dr. Cindy Trimm, makes it clear that the abundant life described by Jesus is not only for everyone, but is available at any time. Abundance is a choice! The secret lies within your soul. Get ready to... Make daily choices that position you to fulfill your dreams Embrace prosperity in every area of your life: Spiritually, mentally, physically, relationally, vocationally, and financially. Discover the 40 key practices for living your most prosperous life A prosperous soul is your all-access pass to living a rich life. As your soul prospers, every area of your life will follow suit. Why wait? Start prospering today!

Seven Sermons on Decontaminating the Soul

The 40-Day Sugar Fast

Precious Medicine

Learning to Live Authentically

40 Day Fast from the BS

The 40-Day Soul Media Fast

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!

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. 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 thinking for less than God's best and only fantasizing about your heart desires - Its time you Rise Above, Now.

This book is laden with POWERFUL PRECIOUS DECLARATIONS which can be taken [applied] like medicine. SPEAK it as prescribed several times a day over situations, crisis, circumstances, challenges, turmoil, doubt, fear, sickness and so on. God spoke everything into being & we are made in his image, hence we also have the power to DECREE, DECLARE & ORDAIN and supernaturally take charge by SPEAKING OVER everything or anything facing us. All we need do is believe! This book is for those willing and ready to take charge of their lives, their living and be TRANSFORMED through the POWERFUL declaration of SPOKEN words! This book will set you free in the name of Jesus. All you have to do is believe!

Bible Study Guides and Copywork Book - (St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts) - Memorize the Bible: Bible Study Guides and Copywork Book - (St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts) - Memorize the Bible

Exchange Your Online Distractions for Real-Life Devotion

40 Days to a Prosperous Soul

The 40-Day Fast Journal

One Woman's Journey for Happiness, Meaning, and the Quest for a Spiritual Life

The Soul Fast Workbook: A 40 Day Fast to Eliminate Toxic Thoughts & Emotions That Eat Away at Your Happiness & Undermine Your Success

The 40 Day Soul Fast

Numbers held great significance to the ancients, and the number 40 is constant in a variety of spiritual traditions. With 40 Day Mind Fast Soul Feast, you may begin your own 40 day transformational, mystical journey with a wise, experienced guide who has walked the terrain for 30 years as a practitioner and teacher of meditation, affirmative prayer and the Life Visioning Process.

Are you addicted to your phone? Do you find yourself engaging online but unengaged at home with the people right in front of you? Do you spend hours scrolling through Facebook, Instagram, newsfeeds, and YouTube videos? Have your devices become divisive—dividing you from family and friends and, most importantly, God? What would happen if you took some time to fast from social media in order to get social with God and others once more? In the pattern of her popular 40-Day Sugar Fast, Wendy Spoke offers you The 40-Day Social Media Fast. This "screen sabbatical" is designed to help you become fully conscious of your dependence on social media so you can purposefully unplug from screens and plug into real life with the help of a very real God. Take a break from everyone and everything you follow online. Disconnect in order to reconnect with the Only One who said "I'llow me."

A Unique Training Program for Unique Talents! Gary and Valerie are former American Celebrity Fitness Trainers, Business and World Travelers, Evangelists, Author and Television Personalities. They journeyed the last 14 years on a prayer and believing God has the power to do what He's promised. As a 501(c) (3) non-profit grassroots operation without corporate or church sponsors, government grants, nor Hollywood's money, they set out through: North America, Europe, Australia, Asia, Central and South America, Africa and the Middle East. Through their experience walking by faith with God's abundant grace, the next 40 days they will share with you in the Life'n Balance Star the secrets and strategies based on Biblical Kingdom Principles; how to take down the giants that stand in the way of your God Given Destiny, Receiving from God powerful revelations to bring down the walls of Jericho that has kept you from entering your divine anointing and increasing your spear of influence in your family, career, health, finance, and personal and professional relationships. Commit to the 40 day challenge and get ready to flourish! Receive Prosperity, Health, Protection and Victory for every area of your life!

Creative Stress reveals with precision how we can and must transmute negative stress so that we can evolve individually and collectively. It offers the reader a steady climb to the higher reaches of human creativity and fulfillment, and is packed with compelling stories from O'Dea's exceptionally rich experience.

The Temple of the Twelve

Detox Your Soul

40 Days to Reclaiming Your Soul

THE DETOX SERIES

A Journey to Spiritual Transformation

Your Journey to Personal Empowerment

Your Journey to Authentic Living

Offering Catholic women a Christ-centered approach to love and healing, this guide taps into the latest trend on college campuses and church grounds across the country in mapping out a 40-day fast from dating that provides frustrated women an opportunity to regain their clarity about romantic love. With each day structured with brief affirmations and practical activities—such as prayer, reflection, forgiveness, and thanksgiving—Catholic women will find a cleansing ritual sure to resolve the emotional trauma of painful pasts, and reaffirm an orthodox belief in romantic love.

Our inspirational, fun and cute journals are perfect for anyone who wants to write, plan, organize, doodle or sketch. Grab now this simply sweet inspirational quote book and read a quote a day and inspire your soul.

Contained within this book are seven sermons that are God-inspired with the purpose of bringing to the forefront of God's people the great need for each of us to look at ourselves with a desire to rid from our lives all things, inclusive of people, that inhibit and corrupt our walk with Him. There is a focus on our thought life, words, associations, inclinations, and the actions we perform that are misrepresentative of God and displeasing to Him. The topics are: Operation Detox, Thinking Positive Thoughts, Do You Want to Be Made Whole, We Are What We Think, Fatal Attractions, Detoxifying the Tongue, and Lord Clean This House from the Inside Out. It is my prayer that these manuscripts will inspire and impact your life as much as they did to those who heard them when I first preached them. I am certain that they will. So, let the journey begin toward a more healthier, holier, and authentic you.

There's a sacred and hidden path inside each one of us, a path of mysteries and amazing manifestations, where nothing is impossible, not even our wildest spiritual creations. This is the realm of impossibilities, where imagination is carried away by a spiritual insight, which is here referred as the phoenix. The allegory inside this book takes us to a subconscious realm, that can lead us to the most uplifting and unknown side of ourselves, but also to other realities as well, namely, the ones that are parallel to ours, and also other dimensions and galaxies. It is with this allegory of the phoenix that we understand the role of the dragons and serpents of our planet, and how they interfere in the Tao of our existence. As a dance of forces, vibrations of different natures, these symbols and concepts take us to the deepest truth within, of who we are and how far can we go.

This is a book about the adventures of our soul, the journey within that so many Shamans live to explore. It's also about a path that all spiritualists and gurus have experienced, a path that some have called nirvana, enlightenment or awaking, but few have ever had the ability to fully describe in a way that can be perceived by the common mortal. The Native Americans have often told us about the spirit of the eagle that keeps guard over the spiritual world. This eagle, or big bird, is representative of another living force, which is the phoenix, the bird of fire. This is why many mystics of ancient times believed that only fire could take souls to another world. The fire purifies the body, but the most potent fire comes from within, as an energy that we burn with our conscious awareness. This is the fire that Buddhists, Taoists and Hindus persist in awakening from within, commonly using disciplines created specifically for this purpose, such as yoga, chi kung and meditation. This fire represents the power of our own spirituality, which most people are unaware to possess. As mortals and genetically manipulated slaves of a few alien species, we've lost the physical capability to ignite it. But the phoenix can help us reach it, through the spiritual nature that is within each one of us. The one who can ride the phoenix, can travel very far, to amazing lands. And these are the ones that often come back, when they choose to, as our prophets and religious leaders. This book describes their journey to Valhalla, Heaven, Paradise, or more simply, the Laboratory of God.

Motivating and Inspiring Quote Books - Life Quotes for a Month Inspirational Gift Journal

A 30 Day Road Map to Loving Yourself

Heaven Ride

A Guide to Soul Awakening and Inner Fulfillment

The Prosperous Soul

Creative Stress

Sanctified Life

The 40 Day Soul FastYour Journey to Authentic LivingDestiny Image Publishers

The Great Procession chronicles a series of encounters with the Holy Spirit that Jacob Reeve experienced over the course of nine months immediately following a 40-day fast. During this time, Jacob was awakened almost every night by the Spirit to receive the next portion of an ongoing parable that picked up where it left off the night before. As the story unfolds, so does the contrast between the divisive religious mindset and the mindset of pure identity in Christ. The Spirit is revealing what it looks like for mankind to venture out from the island of isolation and into the open forests of God's Kingdom; hence the Great Procession. For many, this parable will represent a foundational shift in the way everything is seen. The incredible insights from the Holy Spirit answer many of those deep-down questions about life, purpose, and faith that many of us have, and will prove to be an indispensable resource for anyone who desires to live in the abundance with Christ, knowing the King and his Kingdom, and living in the true faith, freedom, and love that the Holy Spirit beckons us into.

Start Living Abundantly in 40 Days! I came so they can have real and eternal life, more and better life than they ever dreamed of.—Jesus It's time for you to stop settling for anything less than the abundant life that Jesus came to give you. This prosperous life is available to you—it all starts with making healthy soul choices! This companion devotional to The Prosperous Soul from Dr. Cindy Trimm will lead you on an interactive 40-day journey to choosing abundance in every area of your life. Over the next 40 days, you will... Make key decisions that position you to fulfill your dreams and desires Learn how to enjoy prosperity in every area of your life! Spiritually, mentally, physically, relationally, vocationally, and financially. Discover 40 key practices for living your most prosperous life A prosperous soul is your all-access pass to living a rich and satisfying life. Get ready to start using these 40 practices and enjoy the abundant life that Jesus promised today!

Have you ever noticed that when you're bogged down with negative thoughts and intensely overwhelming emotions that it's difficult to enjoy your life and focus on the things that matter most to you? Everything that we take in mentally, emotionally and spiritually has a profound effect on our happiness and success. From the things that we see on television and social media, to the conversations we entertain, the pain that we've been through, the resentment that we hold on to, as well as the thoughts that run rampant in our minds throughout the course of the day. You may not realize it, but when your mind is overwhelmed with negative thoughts and counterproductive self-talk or you're weighed down in your spirit with toxic emotional baggage, it's difficult to feel successful and fully enjoy your life. This is why, it is extremely vital that every now and then, that you do a Master Cleanse for your heart and mind. When our hearts and minds are congested with psychological toxins and spiritual debris; it impacts our ability to enjoy the fullness of life. From self-limiting beliefs, to toxic relationships to dysfunctional mindsets rooted in childhood wounds to choosing choices that undermine your success, when your soul is saturated with self-doubt, self-defeatist thinking, resentment and depression you don't experience life to the fullest because you are not operating from your God given spirit of power, love and soundness of mind (2 Timothy 1:7). And whenever we operate from the realm of heaviness, brokenness and overwhelm, rather than our authenticity and inner power, we cannot show up for life as our best and brightest selves. This is why it's vital, to not just detox our bodies, but more importantly to detox our hearts and our minds. And this is the point of a Soul Fast. The Soul Fast Workbook, is a 40-day personal journey into the care and well-being of your soul. This

is why you will equip you with powerful tools that will empower you to renew your mind, take good care of your soul and replenish your spirit. Grounded in Bible-based principles, The Soul Fast Workbook will show you exactly how to detox from toxic mindsets, beliefs, emotions and decision-making processes that undermine your happiness, eat away at your peace, chip away at your self-esteem and sabotage your success. The hard, cold truth about negativity is this: the more we allow our hearts and minds to become saturated with counterproductive beliefs, mindsets, attitude and emotions, be it our own self-defeatist inner dialogue or the drama and dysfunction that other people try to bring into our world; the more we become weighed down by emotional baggage that is too heavy to carry and that adversely affects how we show up for life. And believe it or not, we carry this toxic energy or spirit of heaviness wherever we go because whatever we're carrying on the inside is eventually birthed out through our conversations, interactions and choices. But the good news is, you don't have to be weighed down with thoughts and emotions that do not serve you well. You can heal the broken places in your soul like: broken self-esteem, a broken self-concept, broken courage, broken focus, broken faith, broken goals and dreams and even a broken heart. Do you want a soul that is healthy and whole? Then let, The Soul Fast Workbook guide you through a proven process that will help you begin to build a resilient thought life and restore the broken places in your soul.

The Soul Fast Workbook paperback version, comes with Bonus Pages of Inspirational Writings and Suggested Steps To Start Your Own Soul Fast Group

Your Journey to a Richer Life

A Path for Evolving Souls Living Through Personal and Planetary upheaval

40 Days Inspirational Quotes Sooth Your Soul with One Motivational Quote a Day

The 40 Day Soul Fast Study Guide

Set Apart

Book One: Sojourn of Souls

The Great Procession

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.

Your problems dont define you: they refine you. Sometimes life feels like a roller coaster ride filled with ups, downs, twists, turns, and unexpected sudden drops. Instead of moving forward with peace and purpose, our lives spin out of control. When chaos and uncertainty threaten to make you feel helpless. . . what do you do? Dont let lifes detours take you for a ride. Get back in the drivers seat! In Prevail, life strategist, Dr. Cindy Trimm, reveals how you can turn problems into opportunities so no pitfall will throw you off course. Discover how you can: See your current challenges asdoorways to new levels of success Break through barriers that keep you from enjoying life and loving the real you Develop a winning perspective that positions you to prosper Wake up every morning with a sense of meaning, purpose, dignity, and hope Your success, fulfillment, satisfaction, and destiny await you on the other side of your struggles, fears, setbacks, and disappointments. In the same way that a diamond is brought to beauty through immense stress, your true strength of character, worth, and value are found by embracing the prospering power inherent in your problems. You are tougher than your tough times.

You didn't find this book. This book found you. This book aims to help you gather yourself, take hold of yourself, from within yourself. This book will help you find that place in you, you used to know or never understood. Setting yourself apart so that outside influences do not negatively affect your words or actions so that your thoughts and genuine authenticity only influence you. This book is a journey for 40 days into your soul. It gives guidance and real-life experience on fasting and setting yourself apart for Self-evaluation and Personal Development. This book is for those who need something different for this next level in their lives, people who are ready to put aside all the BS and moving in the natural, organic flow in every area of your life. This book is for those who have exhausted the mundane and can't take another minute of the ordinary. I hope you find life, love, peace, joy, and self-worth in these words. This book is a challenge. I started this Fast, honestly, because I didn't know what else to do. Yes, even a Quarantine is not enough to stop BS from being a significant factor in your life in isolation, especially when we live life virtually most times. I was at a place where I was equally angry and sad for several reasons, reasons that were taking up residence in the very seat of my soul. I knew what I wanted but didn't know how to get there. I knew I wanted to be healthy, happy, and whole, mind, body, and spirit. Mediocre living or barely existing would not cut it anymore. Mindless, meaningless dating was not the answer either, but how do I get healed. I wanted real, tangible, and stable relationships in my life! I realized I was still angry and sad at how life had treated me in trying to find that "real." I hated the hand I was dealt, and I was furious at God. I wasn't a religious person anymore, but a very spiritual person, which was difficult for me at the time. Then I realized how you could love someone or expect someone to love you when you don't believe the one who created you loves you. I don't know about you, but I didn't want another failed relationship under my belt. So I was doing everything I can to make sure that the next time is my last time. Things that were not only humanly possible but calling on the powers that be for healing, strength, wisdom, knowledge, and understanding, and I got it. This description only speaks of a small portion of this book. Thank you for reading.M.

There's something special about the number 40, and there's something special about fasting. Put the two together and you have the opportunity to develop not only a physical hunger but a spiritual hunger! Whether you're fasting from sugar, social media, shopping, or something else, this resource will help you stay focused on the transforming work of Christ in your life through guided journaling.

Following the Signs

A DVD Study

Where Physical Detox Meets Spiritual Transformation

Rise Above Now

The 40 Day Soul Fast Leader's Guide

A Companion to Reclaim Your Soul

The Gospels and Acts Book 2

*DVD Study is designed as a companion peice 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!

HEAVEN RIDE is a techno-thriller about two loyal friends who unlock secrets of the human soul and invent a device that ejects the soul and long-term memory on its path to heaven, and then brings it back. The "Pod" enables them to build Heaven Ride into the most lucrative empire the world has ever known, until ruthless rivals embark on a campaign of deceit, treachery and betrayal to wrest it away for their own insidious plan. This quandary of science and morality may change the way you think about heaven and the afterlife ... FOREVER. * * * David Brownington, a brilliant entrepreneurial mastermind with a leading business incubator, comes in contact with a mysterious gadget that measures wavelengths never seen before. His close friend, JW Gomez, a third-year Ph.D. candidate, supercedes the boundaries of his doctoral studies using a bio-pod that creates out-of-body experiences. Driven by memories of his little brother who perished in a gruesome accident as a child, JW's extra-curricular studies of sudden traumatic death lead to the astonishing discovery of the human soul.

When David and JW merge these devices, they stumble upon the highway to heaven. Each of them falls in love as their miraculous invention takes the world by storm. Millions make the trip. As Heaven Ride prospers, its repercussions ripple throughout society. Protests, bombs and kidnappings threaten to shut it down, posing risks to David, JW, their friends and families. Long after Heaven Ride becomes a household word, startling revelations put David and JW in the crosshairs of dangerous men seeking ultimate power. With HEAVEN RIDE, John Eccleston and Kerry Gleason have woven an intense tale of ambition, success, friendship, betrayal, greed and corruption. It's an intricate and interesting tale of mankind's most startling invention, and technology gone awry.

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.

Get ready to experience the best 40 days of your life! 40 Days to Discovering the Real You: Learning to Live Authentically 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 the world! 40 Days to Discovering the Real You 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!

Reclaim Your Soul

Prosper Your Soul, Beloved

Discover Your Strength in Hard Places

The Power of Adoration and Proclamation Prayer

You've Got Time

40 Days to Reclaim Your Heart, Body, and Soul

The Dating Fast

"A wondrous, sparkling fusion of wisdom and insight." - Patricia Santhuff What do the wonderful myths of ancient Greece, the beautiful stories in the Bible and Qur'an, and all the sacred stories from traditions around the world, have in common? They open our hearts to wonder, mystery, passion, and joy. I know, on the outside these stories seem very different, confusing, conflicting, and often violent and divisive. But when read symbolically and internally, they are all telling the same story. They show us the path of spiritual awakening and enlightenment. Sometimes the story is called "Returning to the Promised Land." Sometimes it's called "Seeking the Holy Grail." Sometimes it's called "Persephone's Return to Olympus." But whatever it's called, the inner meaning and purpose is always the same. The stories are all a call to awaken, to live passionately and consciously, and to enter the door that leads to enlightenment and communion with the divine. The door is always open. The light is always ready to receive us. But we have to learn how to tread the path! Fortunately, that's what all the sacred stories are really about. THE DOOR IS OPEN uncovers the 7 Universal Steps that are found within the symbols and allegories of all great mythology and scripture. Each chapter ends with a series of practical and enjoyable spiritual exercises and activities. You can do this work on your own, or together with a group. It could be a church or synagogue group, a book club, a classroom, or any group of friends who want to get together and expand their spiritual horizons.

Enjoy 20 limited-detail illustrations, designed for those who would rather keep it simple. Each page was hand-drawn and edited by K J Kraemer, with you in mind. If you don't want to spend days on a project or just want room to get creative, this adult coloring book is for you!

The Gospels and Acts are composed of writings from St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts. The purpose of this is to give you the spiritual lens that will enable you to see clearly what you fail to see using your physical lens. As you read this collection, try to see the three spiritual themes to it. Get a copy today. Contained within this book are seven sermons that are God-inspired with the purpose of bringing to the forefront of God's people the great need for each of us to look at ourselves with a desire to rid from our lives all things, inclusive of people, that inhibit and corrupt our walk with Him. There is a focus on our thought life, words, associations, inclinations, and the actions we perform that are misrepresentative of God and displeasing to Him. The topics are: Operation Detox, Thinking Positive Thoughts, Do You Want to Be Made Whole, We Are What We Think, Fatal Attractions, Detoxifying the Tongue, and Lord Clean This House from the Inside Out. It is my prayer that these manuscripts will inspire and impact your life as much as they did to those who heard them when I first preached them. I am certain that they will. So, let the journey begin toward a more healthier, holier, and authentic you.

The Sacred Fire of the Phoenix

Prevail

Your Interactive Guide to Living a Richer Life

How the Holy Spirit Helped Me to Uncover the Treasures of 3 John 2

40 Days to Discovering the Real You

40 Day Mind Fast Soul Feast

The Wal-Martization of T.D. Jakes and the New Black Church

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! 40 Days to Discovering the Real You 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!

Alter her dreams of a perfect life in marriage are shattered by a divorce, Stephanie Petrie travels from an idyllic life in California to Sedona, Arizona, and eventually to the pyramids of Egypt as she embarks on a spiritual journey of self discovery. Along the way, she meets strangers and makes new friends as she learns to develop her spiritual intuition and trust the synchronistic moments in life. These moments occur while driving through the Sonoran Desert, noticing a family of tarantulas scurrying through the parking lot, and following a boy into the King's Chamber in the Pyramid of Giza. In this memoir, Stephanie tells her story of how people, nature, and life choices are all connected in order to challenge her "expected" social role in life and allow herself to be transformed on her life journey. This adventure continues to require profound courage, commitment, and faith

in the beauty of life as she discovers a deeper purpose and source of happiness.

What do you really believe about God? Do you believe He is distant, detached and uncaring or do you believe He is good, kind and near? You are in a spiritual war and what you believe about God will ultimately determine the way you live. Thankfully, you have been given some weapons to help you win this war. Using these weapons, however, will mean changing the way you think and learning how to pray the way Jesus did. Are you ready to engage in the fight? Discover the forgotten prayer tools of Adoration and Proclamation prayer and find in them the power to move mountains and change your future. You Shall Know The Truth - The Power of Adoration and Proclamation Prayer is consistently referred to by readers a "life-changing book". The book dives deep into the theology behind effective prayer and develops practical tools that help you discover your Adoration and Proclamation prayer is so powerful. You will be encouraged, equipped and challenged as you read this paradigm shifting book.

The Soul Fast Workbook, is a 40-day personal journey into the care and well-being of your soul. This workbook, will equip you with powerful tools that will empower you to renew your mind, take good care of your soul and replenish your spirit. Grounded in Bible-based principles, The Soul Fast Workbook will show you exactly how to detox from toxic mindsets, beliefs, emotions and decision-making processes that undermine your

happiness, eat away at your peace, chip away at your self-esteem and sabotage your success. The Soul Fast Workbook is divided into 4 sections: your thought life, your emotional life, your choices and your relationships. Section 1 of The Soul Fast Workbook, focuses on The Mind. It encompasses day 1 through 10, where you'll be fasting from toxic mindsets and counterproductive self-talk. Section 2 focuses on The Heart. It encompasses days 11 through 20, where you'll be detoxing from emotions that bring down your mood and intensify fear-based feelings like: inadequacy, self-loathing, rejection, dejection, and envy. Section 3 deals with The Will. It includes day 21 through 30 where you'll be assessing your choices so that you can figure out how to stop making decisions that work against your own wellbeing and success. Section 4 focuses on your Relationships. It encompasses day 31 through 40 where you'll be evaluating your relationships so that you clearly determine which relationships are producing good fruit in your life and which ones are draining you and pulling you away from purpose.

The Door Is Open

A Journey into the World Within

Make the Connection! Be Amazed How Far Your Faith Can Take You...

The Soul Fast Workbook

Believer's Body and Soul Boot Camp 40 Day Fast

*Brand® New Theology

You Shall Know the Truth

Beloved I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2 (NKJV)) It has been a dream of mine to prosper financially using biblical principles. I prayed about it, and then one morning, the Lord told me that it was time and that He would teach me. He instructed me to wait on Him every morning and to write down the things He taught me. I followed His instructions, guidance, and wisdom, writing it all down for a full year. This book is the result of our time together. To my surprise, this became a book of many books! The Lord would guide me to a specific book, teach me from it, and then move on to the next book. It was totally supernatural! As I followed the leading of the Lord, it became clear to me that God was taking me on a year-long journey of prospering my soul, which in turn would influence my financial situation. I learnt that I could not prosper in any given area unless my soul prospered in that area too, hence the book's title. This book takes many twists and turns, and even has a few surprises. Did I reach my goal of financial prosperity? You have to read it to find out!

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!

40 Day Fast From the BS