



40 days to Discovering the Real You: Learning to Live Authentically

Cindy Trimm

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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 it can.

Join the Soul Fast Movement by going to 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!

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Frances Coffey:

In this time globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The health of the world makes the information better to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The book that recommended to you personally is 40 days to Discovering the Real You: Learning to Live Authentically this publication consist a lot of the information on the condition of this world now. This kind of book was represented how can the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. The writer made some exploration when he makes this book. Honestly, that is why this book suitable all of you.

Jenna Quintana:

On this era which is the greater particular person or who has ability to do something more are more precious than other. Do you want to become one of it? It is just simple approach to have that. What you must do is just spending your time not much but quite enough to possess a look at some books. One of many books in the top collection in your reading list will be 40 days to Discovering the Real You: Learning to Live Authentically. This book that is certainly qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking right up and review this e-book you can get many advantages.

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