



# **The Daniel Fast for Weight Loss: A Biblical Approach to Losing Weight and Keeping It Off**

*Susan Gregory*

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If you're tired of chasing the latest diet fad only to find that you've gained weight, it's time to try an entirely different approach. *The Daniel Fast for Weight Loss* succeeds where other programs fail because it focuses on your relationship with God as well as on your relationship with food. Once you discover the pleasures of eating the food God has provided for optimum health, you will not want to turn back. *The Daniel Fast for Weight Loss* offers a strategic, biblically based plan backed by solid research that will eliminate your cravings and help you to drop those unwanted pounds once and for all.

Susan Gregory, "The Daniel Fast Blogger" and bestselling author of *The Daniel Fast*, is back with a spiritual and practical roadmap to this wildly popular 21-day fast for anyone who wants to lose weight and develop a lifestyle of health in a way that honors God. Way beyond a diet plan, *The Daniel Fast for Weight Loss* includes more than 90 new recipes, multiple tips for successful fasting, a 21-day devotional, and practical guidance for maintaining weight loss and good eating habits even after you complete your Christ-centered fasting experience. Embark on a life-changing journey toward happiness and confidence about the body God designed for you.

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