



Faith Study Guide: Nurturing Your Soul (The Daniel Plan Essentials Series)

By Gary L. Thomas, Dee Eastman

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In this four-session video-based Bible study (DVD/digital video sold separately), The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the first essential of The Daniel Plan: Faith.

Sessions include:

1. Every Body Matters
2. Magnificent Obsession
3. God's Power, Not Willpower
4. Your Soul's Path to God

Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle, plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan. Each of the other DVD/Study guides will focus on another essential: Food, Fitness, Focus, Friends.

Designed for use with the *Faith Video Study* (sold separately).

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Editorial Review

About the Author

Gary Thomas is Writer in Residence and serves on the teaching team at Second Baptist Church, Houston, Texas and the author of 18 books that have sold more than a million copies worldwide and have been translated into a dozen languages. He and his wife, Lisa, have been married for 30 years.

Dee Eastman is the co-director of the women's Bible study at Saddleback Church called "The Journey."

Karen Lee-Thorp was a senior editor at NavPress for many years and series editor for the LifeChange Bible study series. She is now a freelance writer living in Brea, California, with her husband, Greg Herr, and their daughters, Megan and Marissa.

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