



Weight Loss for Christians: How I Used the Daniel Fast to Nurture My Soul and Lose 60 Ibs in 90 Days

Sheryl Jones

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Do you feel like you've tried and failed every diet plan on the market? I know I do. It wasn't until I looked inward, and fed my soul, that I actually succeeded in ridding my body of some serious weight. My advice for serial dieters? Stop resorting to traditional dieting. You don't need a formal diet plan to lose weight. Simply follow in my footsteps and initiate your own weight loss path based on the transformative Daniel Fast.

I relied on this revolutionary plan to lose 60 lbs in 90 days and I've never felt or looked better. My book demonstrates how I took the first essential step to taking control of my weight by first nurturing my essence, and other specific steps I took to achieve my ultimate goal.

The difference between this innovative plan and traditional ones is that it is free of complex rules. It gives you a deeper, more realistic blueprint on which to base weight loss: exercising and nourishing your inner spirit. With the remarkable first-person knowledge that I share, you are guaranteed to be inspired, empowered and driven to achieve the weight loss results you've been waiting for...by feeding your soul first.

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