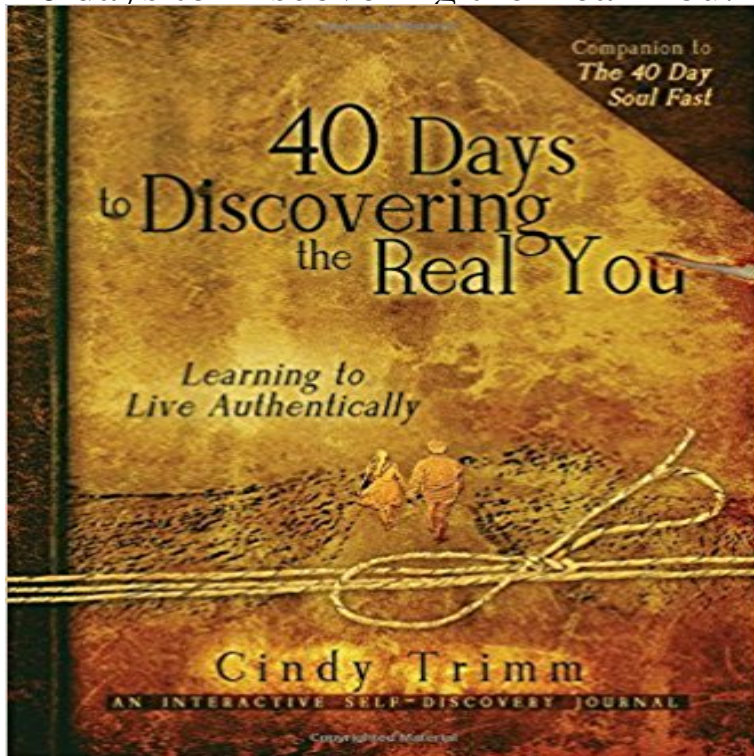


40 days to Discovering the Real You: Learning to Live Authentically



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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