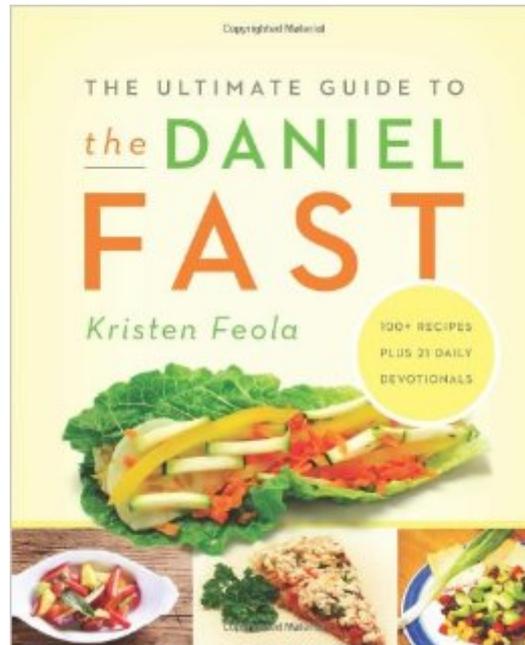


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# The Ultimate Guide To The Daniel Fast



## Synopsis

The Ultimate Guide to the Daniel Fast is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast. As you deny yourself certain foods—such as sugars, processed ingredients, and solid fats—you will not only embrace healthier eating habits, you will also discover a greater awareness of God's presence. Author Kristen Feola explains the Daniel Fast in easy-to-understand language, provides 21 thought-provoking devotionals for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. You will also discover that *to fast* means *to feast* on the only thing that truly nourishes—God's powerful Word. For more info, please visit [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com).

## Book Information

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## Customer Reviews

If I could describe this book in one word, it would be WONDERFUL. Meaning, full of Wonder(s)...miracles on the plate, in my mouth, in my mind, and in my heart...Could one buy this book just for the 21 days of devotions inside and be pleased? Yes. Could one buy this book just for the amazing, natural, unprocessed and tasty recipes inside and be pleased? Yes. However, with both resources at your fingertips, why would you only utilize one portion?!? I will not go into the long story of how this book came into my hands, but trust me, that was a miracle in itself. I literally heard

about it on a Saturday and won it on a radio show the next Wednesday...having only found out about the radio show the night before...but again, I'll save you the details. Just know that it was evidence to me that I was indeed supposed to do this. I am already a pretty healthy eater. I am a professional singer/dancer and a Christ-centered yoga teacher who promotes the ideas of whole foods, juicing, raw food, small lists of ingredients on labels, etc...but I do live in this world and indulge in the "other stuff" from time to time. With all of that activity, you might expect me to look like one of those fitness cover models, but I don't...in fact, over the last few years, I have accumulated and kept that "last 10 pounds" so many are plagued with...I wanted this book so that I could really HEAR what God was trying to say to me about not only my habits, but perhaps my Christ-centered yoga business, my family, or anyone else that maybe I was needing to pray for! I did know beyond the shadow of a doubt that I needed to tune in.

The beginning of the year marks an important time for me in terms of seeking God and expecting to hear from Him supernaturally. I blogged about it not too long ago -- I wanted to go through a period of prayer and fasting when we jump-started a new season in our lives. There are many ways people fasted in the Bible. After a lot of prayer, reading and discernment, I felt really moved to fast based on the book of Daniel chapters 1 and 10. During the period of the 21-day Daniel fast, I relied on my Bible, my iPad and the book "The Ultimate Guide to the Daniel Fast" by Kristen Feola. These tools guided me throughout my days of food restriction. If you plan on seeking God through the Daniel fast, I highly recommend Feola's book. I have several reasons why I strongly feel this makes a great guide. 1) Whether you are a new or a long-time Christian, it is always good to be reminded on what Biblical fasting truly means. The book explains it clearly so that we can always check our hearts on the motivation of our fast. It is not about losing weight (although if you have a food addiction, seeking God through fasting can help you break free from it), earning God's approval or it is not merely the "spiritual" thing to do as a believer. 2) It talks about the basis of this specific fast -- Daniel. In this book you will learn how he was taken to Babylon, refused to participate in the feasts prepared by the king and how his heart was after chasing God instead of indulging in food. I highly recommend that you read it straight from the Bible and seek Feola's book if you need more insight about the story. 3) The book has a daily devotional that really, really helps especially on those days when my flesh and spiritual cravings are at war.

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