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~~Soul Fast Free Cindy  
Moment With Cindy~~

~~Trimm~~ The 40 Day Soul  
Fast by Dr. Cindy  
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The 40 Day Soul Fast  
by Dr. Cindy Trimm  
WATER FASTING:  
The Complete Guide  
(Fastest Fat Loss  
Method) Dr Cindy  
Trimm, The 40 Day  
Soul Fast: Book Review  
40 Day Fast: Week 1

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Doctor Who Believes In  
40 Day Water Fasts

Intermittent Fasting:

Transformational

Technique | Cynthia

Thurlow |

TEDxGreenville

Official Trailer for

"The 40 Day Soul Fast

Curriculum" from

Cindy Trimm Book

review: 40 Day Soul

Fast Dr. Cindy Trimm

Reclaim Your Soul Free

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Feature Moment With  
Cindy Trimm I Drank  
Only Water for 20 Days,  
See What Happened to  
My Body ~~What~~  
~~Happens To Your Body~~  
~~When You Don't Eat~~  
(Fast) The Brothers  
Who Fasted For 40  
Days | Studio 10 7 Day  
Water Fast @  
TrueNorth Health  
Center Alan  
Goldhammer: How

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~~Journal Can Save Your  
Life Facing The Fat:  
Fasting For 50 Days  
(Health Documentary) |  
Real Stories I Fasted for  
40 Days To Seek God \_  
Breaking Ungodly Soul  
Ties \"-- Pastor Paula  
White-Cain Books I've  
Loved □ Cindy Eckert  
and Alexis Ohanian |  
~~The Tim Ferriss Show~~  
40 Day Sugar Fast  
Results #weightloss~~

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#faithgain Dr. Cindy

Trimm Soul Fast

Interview How to Live a

Life of Adventure with

Cindy Ross \u0026

Todd Gladfelter The

Prosperous Soul E

Course Preview Cindy

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~~Soul Fast~~ Book Talk

with Neil P. Chatelain:

Defending the Arteries



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Day Soul Fast Journal,  
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The (11/15/11) Cindy

Title: The 40 Day Soul  
Fast Journal - eBook

By: Cindy Trimm

Format: DRM Free

ePub Vendor: Destiny

Image: Publication

Date: 2011 ISBN:

9780768488487

ISBN-13:

9780768488487 Stock

No: WW22818EB:

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Journal 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 ...

40 Days to Discovering  
*Page 12/35*

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the Real You, Journal:  
Learning to ...

The "40 Day Soul Fast Journal" focuses on the 40 characteristics from the book, and includes summaries of each characteristic, action steps, quotes from the book, journaling space and more to help readers journey into a personal, authentic lifestyle. Each day focuses on a

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characteristic and leads  
the reader into a greater  
level of self awareness.

The 40 Day Soul Fast  
Journall Trimm,  
Cindy|9780768440294  
Get Ready to  
Experience the Best 40  
Days of Your Life  
Cindy Trimm is an  
empowerment  
specialist, respected  
prophetic voice,

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bestselling author, life coach, Ambassador of Hope, and a twenty-first century world leader who has partnered with heads of state, business moguls, politicians, church, civic, and world leaders for more than 30 years to equip and empower millions to maximize their potential.

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The 40 Day Soul Fast:  
Your Journey to  
Authentic Living ...

The 40 Day Soul Fast Curriculum is an eight week study plan designed to replenish your mind and refresh your spirit. Dr. Cindy Trimm challenges you to reach into your soul to uncover a deeper understanding of God's purpose for your life.



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The 40 Day Soul Fast:

Your Journey to

Authentic Living ...

Get Ready to

Experience the Best 40

Days of Your Life.

Cindy Trimm is an

empowerment

specialist, respected

prophetic voice,

bestselling author, life

coach, Ambassador of

Hope, and a twenty-first

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century world leader  
who has partnered with  
heads of state, business  
moguls, politicians,  
church, civic, and world  
leaders for more than 30  
years to equip and  
empower millions to  
maximize their  
potential.

The 40 Day Soul Fast:  
Your Journey to  
Authentic Living ...

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## Day Fast

2 TBS fresh lemon juice

(approx. 1/2 lemon) 2

TBS genuine grade B

maple syrup 1/10 tsp

cayenne pepper (red

pepper) 10-16 oz

distilled, spring, or

purified water. Combine

the lemon juice, maple

syrup, and cayenne

pepper in a large glass

or mug and fill with

cold or hot water. How

to Break the Master

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Cleanser Fast: Journal Cindy

Trimm

The 40 Day Soul Fast  
Handbook

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

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Journal 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 ...

40 Days to Discovering  
the Real You: Learning  
to Live ...

After completing a few  
10-day fasts, then you'll

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Journal Cindy  
Trimmi

be ready to try fasting  
for 40 days. Give Pray  
Fast: The Fail-Proof  
Action Guide to Finish  
Your Fast One of my  
dear sisters in Christ,  
Rennie Ling, has written  
a wonderful guide to  
help people find the  
larger purpose in  
fasting.

Fasting for 40 Days |  
Donna Partow

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Let YOUR Journey

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Begin! Get ready to experience the best 40 days of your life! The 40 Day Soul Fast 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



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Day Fast

Journal as you learn to  
live from the inside out.

Soul Fast

The \$40 Day Soul Fast

\$ Calendar \$ Sunday

\$ Monday \$ \$ Tuesday \$

\$ \$ Wednesday \$ \$ \$ \$ Thursday

Friday \$

Saturday \$ \$ 1 \$!

Awareness! 2 \$ \$

Godliness! 3 \$ \$ Truth!

4 \$

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40DayCalendar - Soul  
Fast

Cindy Trimm

(Goodreads Author)

4.51 · Rating details ·

356 ratings · 26 reviews.

Get ready to experience  
the best 40 days of your  
life! The 40 Day Soul  
Fast: Your Journey To  
Authentic Living is an  
eight-week study of the  
life of the soul, the  
practice of fasting, and

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the process of living  
more authentically.

The 40 Day Soul Fast:  
Your Journey to  
Authentic Living by ...  
The 40 Day Soul Fast:  
Your Journey To  
Authentic Living is an  
eight-week study of the  
life of the soul, the  
practice of fasting, and  
the process of living  
more authentically. It is

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## Day Fast

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 ...

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Soul Fast - books

40 Days to Discovering  
the Real You: Learning  
to Live Authentically.

by. Cindy Trimm

(Goodreads Author)

4.61 · Rating details · 31  
ratings · 2 reviews. Get  
ready to experience the  
best 40 days of your  
life! 40 Days to

Discovering the Real  
You: Learning to Live

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Authentically is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically.

40 Days to Discovering  
the Real You: Learning  
to Live ...

Each of the statements  
reflects one of the 40  
characteristics of an  
authentic

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Journal beginning from  
how authentic you are  
with your own self to  
how authentically you  
relate to others. As you  
will discover from  
reading the book or  
working through the  
journal, each day of The  
40 Day Soul Fast  
focuses on one of the 40  
characteristics each ...

Soul Fast - aq

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Fasting these first few days can be difficult, but there are mental and physical benefits.

Mentally, the act of fasting is an excellent way to exercise your willpower. Similar to the strength runners might feel after pushing their body to run that extra mile, people who choose to fast can feel strength as they fight



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through those natural  
urges ...

The Stages of Fasting:  
What Happens To Your  
Body When You ...

Get ready to experience  
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Hope, and a twenty-first century world leader who has partnered with heads of state, business moguls, politicians, church, civic, and world leaders for more than 30 years to equip and empower millions to maximize their potential. She founded Cindy Trimm International (CTI) to bring practical solutions

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