

Authenticity Test Cindy Trimm

Dr. Cindy Trimm

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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 www 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 40 Day Soul Fast Guided Transformation Journal Dr. Cindy Trimm, 2023-12-05 InvalidTag charset utf 8 Radically Transform Your Life in 40 Days Have you tried again and again to change something in your life for the better and failed Maybe it was trying to stop a bad habit or make healthier choices or refusing to let others dictate your self worth If you ve tried and failed you re not alone Dr Cindy Trimm an internationally sought after empowerment specialist and transformational leader has helped millions around the world end this futile cycle and become their most authentic selves And in this guided journal she offers you the tools to do the same Building on the principles and insights of her bestselling book Dr Trimm comes alongside you as your personal transformation coach helping you let go of everything that tries to prevent you from becoming your God designed authentic self Over 40 days you will discover a new way to fast one full of healthy doses of Scripture inspiring encouragement and real world application that will Teach you how to detox from the weights hindrances and challenges that hold you back Open doors to new depths of mental and emotional wholeness Bring you into a lifestyle of total health spirit soul and body Help you seize the joy of life Stop wasting your energy on striving and failing Here is everything you need to transform your life from the inside out and experience joy and wholeness in every area of your life Authenticity test Yulia Latynina, 2014

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