



## The Daniel Fast Workbook: A 5-Week Guide for Individuals, Groups, and Churches

By Susan Gregory

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What if you could grow closer to God and improve your health in just 21 days? This companion workbook to the popular book *The Daniel Fast* will help you do just that as it guides you through the actual fasting experience. Susan Gregory, “The Daniel Fast Blogger,” is widely recognized as the expert on this 21-day fast inspired by the book of Daniel, and she has helped thousands of people discover a safe and healthy way to fast. Designed for churches, small groups, or individuals, her 5-week study contains an introduction, three sessions, and a conclusion (as well as bonus leader’s resources). The principles you learn from *The Daniel Fast* will change the way you view food, your body, and your relationship with the one who created you.

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