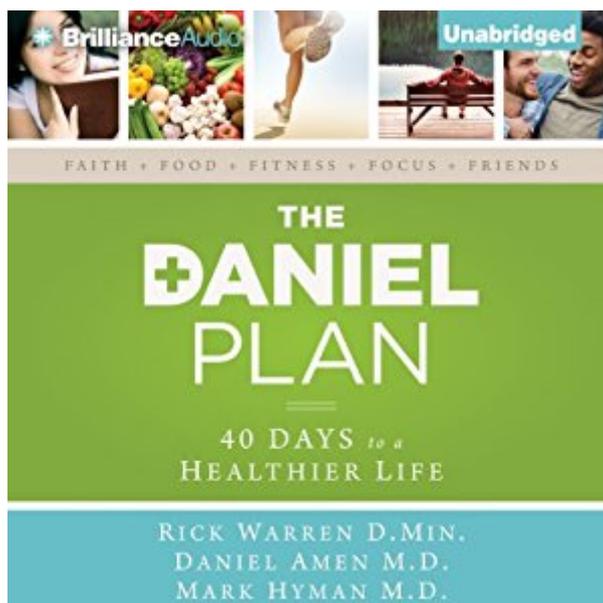


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# The Daniel Plan: 40 Days To A Healthier Life



## Synopsis

Revolutionize Your Health ...Once and for All...During an afternoon of baptizing over 800 people, Pastor Rick Warren realized it was time for change. He told his congregation he needed to lose weight and asked if anyone wanted to join him. He thought maybe 200 people would sign up, instead he witnessed a movement unfold as 15,000 people lost over 260,000 pounds in the first year. With assistance from medical and fitness experts, Pastor Rick and thousands of people began a journey to transform their lives. Welcome to The Daniel Plan. Here's the secret sauce: The Daniel Plan is designed to be done in a supportive community relying on God's instruction for living. When it comes to getting healthy, two are always better than one. Our research has revealed that people getting healthy together lose twice as much weight as those who do it alone. God never meant for you to go through life alone and that includes the journey to health. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. The Daniel Plan shows you how the powerful combination of faith, fitness, food, focus, and friends will change your health forever, transforming you in the most head-turning way imaginably - from the inside out.

## Book Information

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## Customer Reviews

From the book cover: The Daniel Plan: 40 Days to a Healthier Life by Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle where people are encouraged to get healthier together by optimizing the key five essentials of faith, food, fitness, focus, and friends. The Daniel Plan does, indeed, center around those five

essentials: Faith - "If you don't trust God to help you get healthy, all you are left with is willpower--and you know from experience that willpower doesn't usually last very long. You get tired of doing what's right and you give up." Food - "Food has the power to heal us. It is the most potent tool we have to help prevent and treat many of our chronic diseases--including diabetes and obesity. Truly, what you put on your fork dictates whether you are sick or well, slim or fat, depleted or energized." Fitness - "[H]e walked her through these steps that make fitness doable in The Daniel Plan: dreaming big, discovering what moves you, setting and recording goals, mixing it up, and finding a buddy." Focus - "[I]t is the loss of focus that causes many people to cycle through hopeful starts and many failed stops as other things vie for their attention. We will help you optimize your brain health, renew your mind, increase your focus, and live with a purpose-driven mind-set. All of the information in this book is designed to help you win the war between the thoughtful part of your brain that knows what you should do and your pleasure centers that always want gratification now." Friends - "When you have friends to go with you on the journey toward better health, you are more likely to succeed. Life change happens in small groups." I had heard much about The Daniel Plan, but this is the first time I've looked into it in any depth. In fact, a friend had mentioned it just a day or two before I saw it on the list of books available for review. That's why I decided to go for it. I was a bit disappointed to see that the first endorsement on the back cover is from Dr. Mehmet Oz. I'll say that I'm not a fan and leave it at that. Still, I was hopeful as I started reading. This is what I wrote to a friend about two weeks ago, when I'd read about a third of the book: I've been reading The Daniel Plan, and I think I like the plan better than the book itself. I keep getting annoyed at the writers for a condescending tone, a reliance on the same handful of familiar Bible verses over and over, an emphasis on saving the environment through what we eat, and the assumption that we can get locally sourced foods all year. (Sure, Rick Warren lives in California. Most of us don't.) Other than that, I'm loving the book. :) Those annoyances seemed to fade as the book progressed. By the end of the book I had mixed opinions about it. I completely agree with the Faith essential. I've tried to diet and have had no long-term success. I believe that by trusting God instead of my own willpower, I would do much better. I like the concepts mentioned in the above quote about Food. Some aspects of the plan make sense--things like filling your plate with 50% non-starchy vegetables, 25% whole grains or starchy vegetables, and 25% lean proteins. Keeping healthy snacks on hand so we don't reach for junk food makes sense. Don't drink liquid sugar calories: that's logical. Giving up artificial sweeteners, which confuse our brains and make us crave sweets, sounds like a good strategy. However, I thought that the black-and-white rules about what to avoid, especially, were extreme. "Cut out sugar and white flour. Go cold turkey." No oils except extra-virgin olive oil,

extra-virgin coconut oil, grape seed oil, avocado oil, and sesame oil (for flavoring). In my opinion, these absolute rules and lists of "bad foods" and "good foods" tend to make us feel guilty when we fail. The diet plan is very specific, particularly in the Detox phase. Menu plans for three meals and two snacks per day are spelled out, and they include foods that my family would never touch: chia coconut brown rice breakfast bowl, quinoa breakfast bake, shrimp curry with snap peas and water chestnuts. The Core meal plan is a little better and it offers options to swap out meals and snacks. Still, it's pretty specific, and I seriously, seriously doubt that my family would be on board with this. The Fitness essential, on the other hand, I like. The plan offers options for fun exercises, like dancing, hula hooping, pogo stick, table tennis, tag, unicycling ... you get the idea. It also meets you where you are: someone new to exercise isn't expected to start with a 20-minute run. It combines aerobic, stretching, and strength exercises. I would adopt this part of the plan even if I didn't use the rest. The chapters on Focus address three strategies--brain envy (you have to passionately care about your brain), avoiding anything that hurts it, and engaging in habits that boost its health. Specifics include getting enough sleep, reducing stress, praying, and laughing more. The section also talks about failure and how to turn it into a learning experience. I liked this quote: "Failure can also be motivational. A lot of times we change, not when we see the light, but when we feel the heat." I can't argue with the Friends essential. Have an exercise buddy and a friend (or friends) to keep you accountable. I can see myself in a support group to talk about progress and strategies, but I don't think I could say, "I weigh xxx pounds." So ... I know this is long, but I hope I've given you enough information to make your own decision about The Daniel Plan. Disclosure: I received a copy of this book, at no cost to me, for review purposes. I was not required to write a positive review, and all opinions I've shared are my own.

The Daniel Plan is almost an eater's encyclopedia of information. Besides a very effective eating plan, it has information about good and bad foods that I haven't seen anywhere else in such a concentrated fashion--and I've been health food conscious for nearly 40 years. Who knew, for example, that MSG, which many people avoid on general principle, could masquerade under so many different names and products? And who would have guessed that stevia, the "natural" artificial sweetener, actually may come in a processed form that renders it "bad"? What teenager or parent would likely know that "One can of soda a day increases a kid's risk of obesity by 60 percent and women's chance of getting diabetes by more than 80 percent"? Or that "One pound of factory-farmed meat requires 2,000 gallons of water and produces 53 times as much greenhouse gases as a

pound of vegetables? Those statistics are not the main thrust of The Daniel Plan, however. They're educational background, making readers want to change their ways of living to a healthier style. Nor is this book primarily about dieting to lose weight. It's about wellness--eating right and living right to feel good. The weight loss is a side effect, caused by proper diet, exercise, and good thought patterns. The Daniel Plan has five main emphases: faith, food, fitness, focus, and friends. Group support by friends and family is very important to achieving success. So is having a good mental attitude--and the authors will tell you how to achieve that. (Even such simple mind-habits as gratitude play a big role in overall fitness, they say.) I highly recommend this book, and I look forward to trying it out as a way of life.

I read this book with a group of friends. It is truly a great read and so much help! It deals with you becoming a healthier person in all areas of your life--food, faith, friends, family and fitness. I need improvement on each one. This book is a great help to good nutrition and especially fitness, which I need so much. Each lesson is back up by verses from the Bible to help give you encouragement. I have learned how "planning" is so essential in our daily food intake, in our exercise program, whatever that may be, in how much you share of yourself with others, etc. Very helpful and I will, hopefully, continue to follow the lessons I learned. I am making it a "reference" book for my new life!

This from an overweight senior-- the plan is do-able, but using the meal plans is expensive for those of us who do not have many of the ingredients the authors recommend for their recipes. Bought it on impulse when I started the detox part of the diet.

How many religious people do you know who are great at taking care of their spiritual needs and perhaps the physical needs of many others all while letting their bodily temple become rundown? This book is a much-needed reminder that we were created as whole beings - body, mind and spirit. One piece cannot be ignored without injury to another. The experts with whom Pastor Warren collaborated on this book appear to have a great appreciation for optimizing the health of the whole individual. Love this! Much needed! I hope it is embraced by my fellow Christian brothers and sisters. I will do my part to share it with others.

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