



The Daniel Plan Jumpstart Guide: Daily Steps to a Healthier Life

By Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman

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The Daniel Plan Jumpstart Guide provides a birds-eye view of getting your life on track to better health in five key areas: Faith, Food, Fitness, Focus, and Friends being the secret to a healthy lifestyle. This quick guide provides all the key principles for readers to gain a vision for health and get started. This booklet is a 40-day guide that breaks out existing content from *The Daniel Plan: 40 Days to a Healthier Life* into day-by-day action toward a healthier life and encourages readers to use *The Daniel Plan* and its compatible journal for more information and further success.

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Editorial Review

About the Author

As founding pastor of Saddleback Church with his wife, Kay, Dr. Rick Warren leads a 30,000-member congregation in California with campuses in major cities around the world. As an author, his book *The Purpose Driven Life* has been called the bestselling non-fiction hardback in publishing history by *Publishers Weekly*, having sold more than 33 million copies. As a theologian, he has lectured at Oxford, Cambridge, Harvard, University of Judaism, and dozens of universities and seminaries. As a global strategist he advises world leaders and has spoken to the United Nations, US Congress, Davos Economic Forum, TED, Aspen Institute, and numerous parliaments. Rick has also founded the Global PEACE Plan, which Plants churches of reconciliation, Equips leaders, Assists the poor, Cares for the sick, and Educates the next generation in 196 countries. You can listen to *Pastor Rick's Daily Hope*, his daily 25-minute audio teaching, or sign up for his free daily devotionals at PastorRick.com.

The Washington Post called Daniel Amen, MD the most popular psychiatrist in America and Sharecare named him the web's #1 most influential expert and advocate on mental health. Dr. Amen is a physician, double board certified psychiatrist, television producer and ten-time New York Times bestselling author. He is the Founder and Medical Director of Amen Clinics in Costa Mesa and San Francisco, California, Bellevue, Washington, Reston, Virginia, Atlanta, Georgia and New York, New York.

Dr. Mark Hyman is a practicing family physician, a six-time No. 1 New York Times bestselling author, and an internationally recognized leader, speaker, educator and advocate in his field of Functional Medicine. He is also the founder and medical director of The UltraWellness Center, chairman of the board of the Institute for Functional Medicine, a medical editor of The Huffington Post and a regular medical contributor on Katie Couric's TV show, "Katie." For more information, visit <http://www.danielplan.com/>.

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