

The Maker's Diet Transformation Journal

By Jordan Rubin

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Are you ready for a breakthrough?

Transformation Bible Verse:

Don’t copy the behavior and customs of this world,
but let God transform you into a new person…
Romans 12:2, NLT

Addiction. Destructive behaviors. Anxiety. Negative thoughts. Unhealthy diet.
Many people live with these things, and call it normal.

This is not God’s plan for your life. He wants to help you break through these barriers and experience the life you have always dreamed of! Get ready to access a timeless key that will unlock your total transformation, and set you on course to fulfill God’s purpose for your life. That key is fasting.

In the Transformation journal, Jordan Rubin conveniently breaks the ten-day experience into daily five-minute inspirational devotions and interactive prayers that will:

• Bring you closer to God.
• You hear God’s voice more clearly.
• Empower you to break addictions.
• Teach you to completely rely on God’s strength.
• Launch you into a healthy, flourishing lifestyle

Get ready to experience your spiritual, emotional, and physical Transformation!

*Companion to the Transformation DVDs.

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Editorial Review

About the Author

Jordan Rubin is the author of 19 books including the *New York Times* bestseller *The Maker's Diet* with over 2 million copies in print. His story and his previous books have been featured on *Good Morning America, NBC Nightly News, Fox and Friends,* and *Inside Edition*, and in *USA Today, Time*, and *Newsweek*. Jordan also founded the Biblical Health Institute to empower the church to live the abundant life that glorifies God.

Users Review

From reader reviews:

Kristin Todd:

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Sara Burns:

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James Hibner:

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