



# Focus Study Guide: Renewing Your Mind (The Daniel Plan Essentials Series)

*Dr. Daniel Amen, Dee Eastman*

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In this four-session video-based Bible study, The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the fourth essential of The Daniel Plan: FOCUS.

The sessions include:

1. Mindset Matters
2. Having a Positive ID: Your Identity
3. Don't Mess with Stress
4. Small Steps = Big Results

Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle, plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan. Each of the other DVD/Study guides will focus on another essential: Faith, Food, Fitness, and Friends.

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