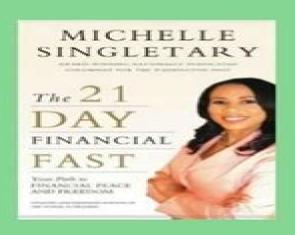
THE 21 DAY FINANCIAL FAST GUIDE

Based on the book,
'The 21 Day Financial
Fast' written by
Michelle Singletary





Guide created by Angela M. Odom Author, Mindset Coach and Speaker www.angelaodom.com

The 21 Day Financial Fast

Marilyn Pearson

The 21 Day Financial Fast:

The 21-Day Financial Fast Michelle Singletary, 2014-01-07 Whether you re living paycheck to paycheck or just trying to make smarter financial choices let award winning writer and Washington Post columnist Michelle Singletary show you the practical steps you need to take for the financial peace you long for In The 21 Day Financial Fast Michelle proposes a field tested financial challenge for twenty one days put away your credit cards and buy only the barest essentials What happens next will forever change the way you think about wealth With Michelle's guidance you'll discover how to Break bad spending habits Plot a course to become debt free with the Debt Dash Plan Avoid the temptation of overspending for college Learn how to prepare elderly relatives and yourself for future long term care expenses Be prepared for any contingency with a Life Happens Fund Stop worrying about money and find the priceless power of financial peace Join the thousands of others who have already discovered practical ways to achieve financial freedom and experience what it truly means to live a life of financial peace and prosperity Faithful Intermittent Fasting for Women and Men for Faith, Fitness, and Finances Hareldau Argyle King, 2024-12-15 Unlock Your Faith Fitness and Finances The Ultimate Guide to Intermittent Fasting for Women and Men Are you ready to transform your life and embrace a journey of faith fitness and financial prosperity Look no further In Faithful Intermittent Fasting for Women and Men embark on a transformative 21 day experience that will revolutionize your approach to health spirituality and wealth Discover the powerful synergy between intermittent fasting and spiritual growth as you delve into daily devotions tailored to nourish your soul Seamlessly integrate faith based principles with a comprehensive meal plan designed to optimize your health and shed excess weight Take control of your financial destiny with practical saving strategies and insightful tips to boost your income paving the way for a prosperous future Unleash the potential of intermittent fasting to supercharge your metabolism enhance mental clarity and achieve sustainable weight loss Strengthen your spiritual foundation with daily reflections and scriptures that inspire faith resilience and inner peace Say goodbye to financial stress as you implement smart budgeting techniques and savings plans that empower you to achieve your monetary goals Worried about feeling hungry or deprived Our carefully crafted meal plan ensures you stay satisfied while reaping the benefits of fasting Are you concerned about fitting fasting into your busy schedule With flexible fasting windows and convenient meal prep tips you ll find it easier than ever to prioritize your health and well being Don t wait another day to embark on this life changing journey Join the countless individuals who have transformed their bodies minds and bank accounts with Faithful Intermittent Fasting for Women and Men Start your 21 day devotion meal plan and saving plan today and unlock the abundance that awaits you Embrace faith fitness and financial freedom like never before

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