



The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit

Laura Harris Smith

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A Reset Button for Your Body, Mind, and Spirit

In our fallen world, invisible toxins like doubt, disappointment, and discouragement can contaminate even the strongest of faiths, leaving behind symptoms that affect our entire being--body, mind, and spirit.

Using a one-month detox structure, spiritual wellness expert and certified nutritional counselor Laura Harris Smith uncovers 30 universal faith-toxins that affect us all. Each day you will discover Scripture, prayers, and faith declarations to cleanse yourself spiritually and emotionally with truth and a biblical perspective. In addition, she includes a simple, corresponding nutritional cleanse using detoxifying foods from your own kitchen.

Prayer by prayer, thought by thought, day by day, refresh and refuel your faith and bring healing to the whole temple--spirit, mind, and body.

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