



A Woman's Guide to Fasting

Lisa E. Nelson

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Christians often give up on fasting, or don't try it at all, because they lack thorough advice. Most fasting books explain the biblical reasons to fast, but they provide inadequate practical guidance. This concise book shows women the essential steps to successful fasting. Key topics include how to prepare physically and spiritually, what to expect during the fast, and how to reintroduce food. Whether the reader has never fasted before or has tried it occasionally, or wants to fast for one meal or for several days, this unique resource will equip and encourage her to grow closer to God through fasting.

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