

Our Top Most Frequently Asked Questions:

- 1. How do I find out more about *The 40 Day Soul Fast*? Buy the book! For full details about *The 40 Day Soul Fast* and how to follow a soul fast in particular, please refer to the section entitled, “*The Journey*” in *The 40 Day Soul Fast* book.**
- 2. Where can I purchase the book and journal? Both the book and the journal can be purchased from our online bookstore at either www.soulfast.com or www.trimmininternational.com. Buy them together as a set for only \$25.00!**
- 3. What will I be required to abstain from during *The 40 Day Soul Fast*? Because *The 40 Day Soul Fast* is about learning to live more authentically—free from negativity, self-doubt, fear, shame, facades, or other self-imposed barriers to growth—you are not required to abstain from anything other than the thoughts and mindsets that keep you from living your best life! ***Remember, it’s not about what you’re eating, but about what’s eating you!****
- 4. Can I continue to be intimate with my spouse while soul fasting? Yes. The purpose of the soul fast is to enable you to give your best self to those around you—especially those you love most. Soul fasting is about nurturing intimacy on all levels, spiritually, emotionally, and physically. When you are able to come from a more authentic place, you will be able to connect in more intimate ways—you will be empowered to live, love, share, and give more fully and dynamically.**
- 5. Where can I go to learn more about fasting? Download the free Soul Fast Handbook where you will find answers to the many kinds of questions you may have about different types of fasting or the process of fasting in general. Again, it is important to remember the focus of the Soul Fast is to detoxify the soul, not the body—as Jesus said, “It’s not what goes into your mouth that defiles you, but what comes out of your heart!” (See Mark 7:15.)**
- 6. Is there a 40 Day Soul Fast study guide? Yes! For a daily, guided journal, you will find the soul fast companion, *40 Days to Discovering The Real You* a valuable study guide—as well as *The 40 Day Soul Fast* Phone App. You can buy the book and guided journal as a set for only \$25.00 from our online bookstore.**
- 7. How do I participate in the guided Soul Fast? Sign up to receive the free weekly Empowerment Moments! Each Tuesday during Lent, you will receive a teaching on that week’s topic focus, as well as a video lesson taught by Dr. Trimm. The weekly articles can be downloaded and printed—as well as the Group Leader’s Guide, which provides weekly discussion questions.**
- 8. Can I continue to access the weekly teachings throughout the entire 40-day guided Soul Fast? Yes! The articles and video lessons will be archived so that you can continue to access the weekly teachings throughout the guided 40 Day Soul Fast and afterwards.**

9. **What if I want to host a study group?** *Download the Group Leader's Guide, which includes a planning guide and weekly discussion questions that will show you how you can start a group and help you lead one once you have.*
10. **How do I find out about study groups taking place in my area?** *Trimm International does not have information about individual study groups taking place in specific areas.*
11. **Can I get a discount if I order multiple books?** *Yes! Please call 866-444-7258 to learn about the quantity discounts we offer. You can also purchase the book and journal together at our online bookstore for the special price of \$25.00.*
12. **Can I invite others to participate on the guided soul fast?** *We encourage you to invite anyone you know around the globe to take part in the guided study. Simply click on "forward a friend" at the bottom of your Empowerment Moments and invite as many people as you would like to subscribe!*
13. **What can I expect to learn over the 8 weeks?** *I will be teaching you the fundamentals of what it means to "be transformed by the renewing of your mind" (Romans 12:1), how to seize the day by taking every thought captive, how to harness the power of your words, and most importantly, how to live out "God's Chosen Fast" (Isaiah 58) every single day.*
14. **Will the support continue after the forty days?** *Yes! We will continue to empower you every week, so I encourage you to make reading my Empowerment Moments a part of your personal empowerment strategy!*

As always, I look forward to doing life with you! My ultimate prayer and passion is to see you increasingly *empowered for life!*

I invite you to stay connected and continue the conversation at facebook.com/drtrimm. I always love to read about what God is doing in your life as we continue to walk and grow together. I want to know more about what you struggle with, what your most pressing needs are, and what has helped you to overcome.

It all begins with one heart, one soul, one renewed mind at time! Let it begin with yours and mine! Thank you for joining the movement!

Together we can heal the world!