



# The Maker's Diet Transformation Journal

*Jordan Rubin*

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# The Maker's Diet Transformation Journal

Jordan Rubin

**The Maker's Diet Transformation Journal** Jordan Rubin  
**Are you ready for a breakthrough?**

Transformation Bible Verse:

*Don't copy the behavior and customs of this world,  
but let God transform you into a new person...*

Romans 12:2, NLT

*Addiction. Destructive behaviors. Anxiety. Negative thoughts. Unhealthy diet.* Many people live with these things, and call it normal.

This is not God's plan for your life. He wants to help you break through these barriers and experience the life you have always dreamed of! Get ready to access a timeless key that will unlock your total transformation, and set you on course to fulfill God's purpose for your life. That key is fasting.

In the Transformation journal, Jordan Rubin conveniently breaks the ten-day experience into daily five-minute inspirational devotions and interactive prayers that will:

- Bring you closer to God.
- You hear God's voice more clearly.
- Empower you to break addictions.
- Teach you to completely rely on God's strength.
- Launch you into a healthy, flourishing lifestyle

**Get ready to experience your spiritual, emotional, and physical Transformation!**

\*Companion to the Transformation DVDs.

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