



# 40 Days to Reclaiming Your Soul: A Companion to Reclaim Your Soul

*Cindy Trimm*

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**40 Days to Reclaiming Your Soul: A Companion to Reclaim Your Soul** Cindy Trimm  
**Take back your life in 40 Days!**

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2)*

Activate the skills you need to succeed and take back your life! This companion devotional to *Reclaim Your Soul* from Dr. Cindy Trimm will lead you on an interactive 40-day journey to becoming a resilient person.

Over the next 40 days, you will...

- Identify destructive relationships in your life and break free from their harmful impact
- Avoid unhealthy emotional attachments and shield your soul from possible damage
- Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose

**Successful people are resilient people. Get ready to practice 40 disciplines that will lead you into a more resilient life where success and freedom become your new normal!**

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