

## RESOURCES

<https://influencemagazine.com/practice/5-benefits-of-a-corporate-fast>

<https://renovare.org/articles/the-purpose-of-fasting>

*Celebration of Discipline*, by Richard J. Foster. Chapter 4: Fasting

*The Complete Guide to Fasting*, by Jason Fung, MD (health-related)

*The Fasting Transformation*, by Dr. David Jackers (health-related)

*Eat, Fast, Feast*, by Jay W. Richards