

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 Jockers (health-related)*

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