

# ***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*