

# The Fasting Prayer By Franklin Hall

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**Fasting | Definition, Description, Types, Benefits, & Facts | Britannica**

[Is Fasting Good for You? How To Fast the Healthy Way](#)  
[Fasting - Wikipedia](#)

*Intermittent fasting: What are the benefits? - Mayo Clinic*

**Intermittent Fasting: What Is It, And How Does It Work?**

[Fasting: What You Should Know - WebMD](#)

**The 5 Stages of Fasting (And The Benefits of Each One)**

[Fasting: What It Is, What It Does, and How To Do It Safely](#)  
*Intermittent Fasting: How To, Types, Benefits, and Safety*

**The 4 Stages Of Fasting & Their Benefits: An Hour-By-**

**Hour Breakdown**

**The Fasting Prayer By Franklin Hall**

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