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# Intermittent Fasting: Lose Weight Fast And Everything Else You Need To Know About Intermittent Fasting And How It Can Change Your Life

## **INTERMITTENT FASTING**

Lose Weight **FAST** and Everything Else You Need to Know About Intermittent Fasting



**DEXTER JACKSON**



## Synopsis

Learn about the best kept secret of the fitness industry for losing weight and burning fat effortlessly! See how intermittent fasting is changing the lives of millions of people around the world! Get the body you want without the struggles of going on a diet. Intermittent fasting may seem like another example of a "latest dieting fad". However, the concept of fasting is an ancient practice that dates back at least 2000 years. Not only has fasting been used as a method of spiritual and psychological healing, but also for physical health as well. Intermittent fasting is a simplified yet efficient fasting practice that is not only proven to enhance your health, but guarantees weight loss. This book contains everything you need to know about intermittent fasting and how adopting this new lifestyle will change your life. Here is an inescapable fact: although everyone's body is different, we all function on the same fundamental level. This book explains in-depth the biological processes your body goes through while fasting, and how after just a short amount of time, you will begin to see the amazing physical benefits of intermittent fasting. One of the most common reasons people often give up so quickly on diets and meal plans is because they feel like they are missing out on enjoying the foods they love and frequently experience hunger and cravings. Intermittent fasting is different because it lets you eat delicious food while still losing weight; plus, you will never feel hungry! Some of the in-depth intermittent topics inside this book include: The different types of intermittent fasting The massive benefits of intermittent fasting Different recipes you can begin to implement Specifically how women can take the most advantage of intermittent fasting Tips on how you can establish and maintain your new eating habits And more...

## Book Information

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## Customer Reviews

I really enjoyed this book and the subject is fascinating, but I would have appreciated some of the guidelines backed up with research quotes. Also, the grammar mistakes were distracting. But all in all a good book!

Contains basic information found in similar books. But a good compilation for the beginner.

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