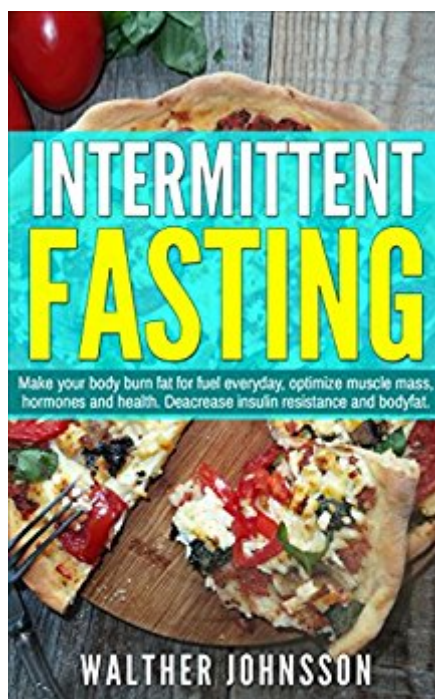


The book was found

Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... Fasting For Weight Loss, Lean Body.)



Synopsis

Change Your Eating Pattern Not Your Diet! A common misconception is that intermittent fasting is a diet because it's related to weight loss, well it isn't. Intermittent fasting is a lifestyle, an eating pattern. With this weight loss method you won't need to do any crash diets or even change anything in your diet which makes this method optimal for you! What if I told you that you can lose weight by focusing on when you eat instead of obsessing over what you eat? What if I told you that you do not have to exercise all that hard to lose weight if you were to focus on timing your meals right? What if instead of paring down calories, you focus on eating at the correct time window daily or every other day? Sounds amazing, right? Well, what if I told you that research shows that you can actually live longer if you were simply to time your meals correctly? Best of all, you can even look better by gaining muscle tone and shedding all that unwanted fat through this system? That is right. You lose weight, tone down and increase muscle definition without starving, doing calorie counts, or hitting the gym like a maniac. You'll Learn... The ins and outs about Intermittent Fasting, multiple approaches and everything you need to know. You're 1 click away from changing your life and the choice is yours.

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Customer Reviews

You won't learn anything new here so save your money.

Very insightful. Love it!

Very nice packaging and presentation buy this no question the operation is also very convenient. Very nice product! Just as described and worked great... Thanks These amazed me & are SO perfect for my projects!!! Thanks

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