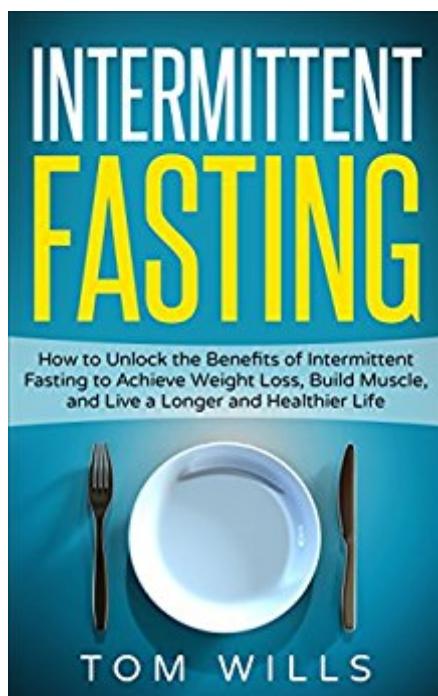


The book was found

Intermittent Fasting: How To Unlock The Benefits Of Intermittent Fasting To Achieve Weight Loss, Build Muscle, And Live A Longer And Healthier Life (Intermittent ... For Women, Intermittent Fasting For Men)



Synopsis

Are You Ready to Learn A Tried and True Method to Weight Loss? Are You Tired of Diets Telling You What You Can't Eat? Are You Ready to Discover a Weight Loss Plan that Allows You to Eat What You Want and Still Lose Weight? In this book, we are going to explore one of the time tested methods of weight loss: The power of Intermittent Fasting. In this book, I will talk about the following topics. What is Intermittent Fasting? Some of the amazing benefits Intermittent Fasting has to offer. 5 or more Intermittent Fasting plans that you can choose from including 16:8 Diet, 5:2 Diet, Tips on Staying Motivated, Steps You Must Take To Maintain Your Diet. It is my hope that you read this book and put it into action.

Book Information

File Size: 1389 KB

Print Length: 25 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 16, 2017

Sold by:  Digital Services LLC

Language: English

ASIN: B074WB43P1

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #637,191 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #47 in  Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Rugby #88 in  Books > Sports & Outdoors > Other Team Sports > Rugby #141 in  Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics

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