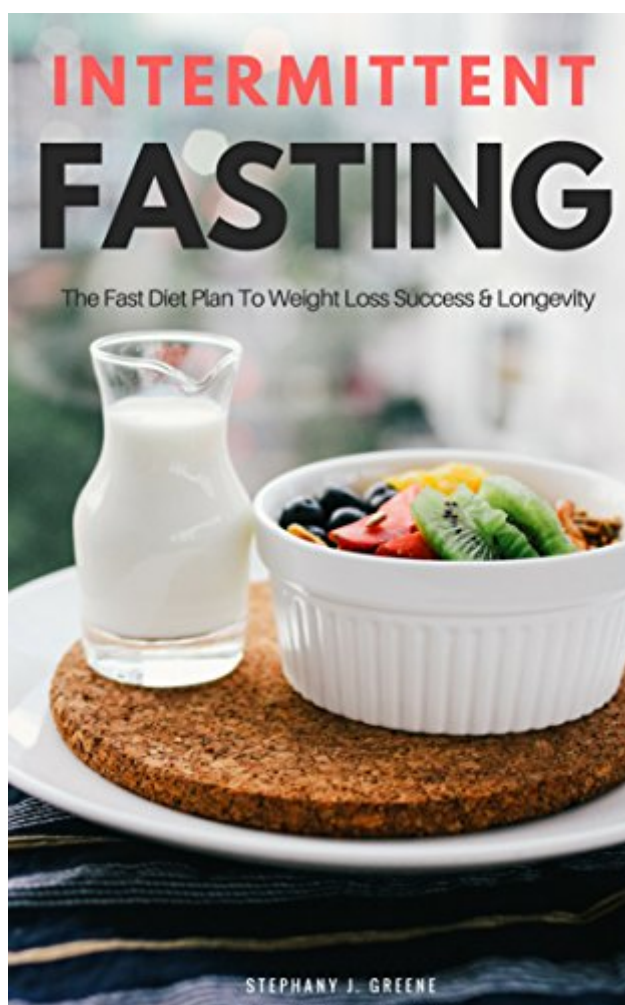


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# Intermittent Fasting: The Fast Diet Plan To Weight Loss Success & Longevity



## Synopsis

Shifting Your Eating Pattern Is So Much More Effective Than Dieting! Intermittent Fasting: A Weight Loss Revolution Are you just as sick of the next 'revolutionary diet' as I am? Whether you tried to do a Ketogenic diet, Mediterranean diet, or one of the million Green Smoothie recipes... Nothing seems to really work out. Why? Because they demand you to change the yummy things you like to eat. What if we could simply change the pattern of eating, instead of what we eat? This is not 'just another cookbook', but it's a helpful guide of knowledge to changing your eating pattern for weight loss. The expert analysis by author Stephany J. Greene will help and motivate you to change your life for the better. What can I expect to read in this book? Exactly What Fasting Is & How It Helps Your Body Lose Weight The 5 Key Methods To Intermittent Fasting (Tailored to Personal Needs) Useful Tips on How to Start Your First Fasting Period The Many Practical Benefits To Your Health & Personal Lifestyle What Fasting Methods Are Suitable For Which Types of People Negative Side-Effects of Intermittent Fasting (And How To Combat Them) The Best Practices to Follow When Practicing Fasting And much, much more! Bringing Your Body Back In A Natural State Fasting to lose weight seems impossible. But it's actually a second nature for the human body! Ever since we were hunter-gatherers, humans have experienced periods of fasting. Simply because in ancient civilization, food was not always widely available. Society has changed now: we live in a world of abundance. Our body still hasn't adapted to this fact, making fasting a great opportunity to revert back to our 'ancient' eating pattern. The different methods of intermittent fasting are a life-changing opportunity. The best part? It's not even a diet! Along the way you can eat whatever you prefer (with minor guidelines), it is only the moment of eating that changes with fasting. Start learning right away by clicking the BUY button at the top of this page, and enjoy reading immediately. Want to start reading for free? Read this book with Kindle Unlimited and pay \$0,00.

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## Customer Reviews

This is a great book on Intermittent Fasting. All of the things, tips and guides that I need to know about the fast diet plan to weight loss success & longevity are already included and well written inside. Stephany J. Greene has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "Useful Tips on How to Start Your First Fasting Period & The Many Practical Benefits To Your Health & Personal Lifestyle." Very informative, useful and well explained. This book is really a great resource for those who want to learn more about Intermittent Fasting.

Intermittent fasting is not a diet, it's a pattern of eating. It's a way of scheduling our meals so that we get the most out of them. Intermittent fasting doesn't change what we eat, it changes when we eat. In this book, The author has shared great helpful information about Intermittent Fasting. The 5 Key Methods To Intermittent Fasting is very interesting, and also the author has shared Useful Tips on How to Start First Fasting Period. also Benefits and Negative Side-Effects of Intermittent Fasting as well. Great read.

This is a great revealing book outsourcing health benefits helpful to all individuals. I like the fact that the author actually shares lots of details regarding intermittent fasting. This book provides a concise description of each of intermittent fasting plans and their associated benefits. If you can overlook the typos, this is a good introductory book to intermittent fasting.

Not much in this book. Was this self-published? A waste of money!

Intermittent fasting is not that easy especially for beginners. But in this book, the author will guide you gradually on how to be safe in doing this kind of changes. The first 3 days is not that easy but with the motivation and inspiration the author will give you, I am sure you will succeed. One thing I tell you, consult your doctor before going into this kind of diet. The book is kind of helpful.

At first I was so excited to read it but then when I open it on my kindle reader, there are so many blank pages. I am very disappointed.

This book simply tells you how to do fasting in the right way. And I had been doing intermittent fasting for over 2 months, the result is real. It's all about your will power, trust your body and eat the right food.

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