



Intermittent Fasting: Tips and Tricks for Those Who Want to Lose Weight by Fasting (Paperback)

By Frankie Jameson

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.2 in 1 bundle with valuable information
 Book 1: This book is a goldmine of information for those who are interested in intermittent fasting. The popular weight-loss method hasn't lost its touch, and in this book, you will come to understand why. You will read, among others: The best setup for an intermittent fasting diet everyone should know about. Secrets to the fasting-method (and the things all the others fail to mention). Daily routines and the perfect timing to lose 10 pounds or more. The sweet spot for the number of meals you should have. Additional tips to help you stop overeating. And much more! Book 2: Are you a man and you want to try intermittent fasting as a weight loss method? Then this is the best book for you! Without beating around the bush, the author is straight forward and teaches you: How the anatomy of men is specifically built for intermittent fasting programs. Body building effects and benefits. The best ways to get rid of belly fat with intermittent fasting schedules. Healthy ways to fast without damaging...



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