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The Power Of Intermittent Fasting: Discover Effortless Abs Diet Giving You Greater Mental Toughness,quick Fat Loss And No Cardio, Enabling Lean Muscle-Building!: Abs Workout For Lean Belly Included!





Synopsis

Forget about your BREAKFAST and all that you already know about either weight loss or dieting for a while and get to know intermittent fasting!**INTERMITTENT FASTING: Discover Effortless Abs Diet** giving you greater Mental toughness, quick Fat Loss with no Cardio, enabling Lean Muscle-Building! This book will show you how to:- Adapt to intermittent fasting the best way possible- Practice intermittent fasting in a safe way- Avoid useless time spent on the long cardio workouts without no significant fat decrease!- Eat until you are fully satiated while still losing fat!- Get that dreamy six pack, lean waist more defined jaw line and ideal body curves! This book will further:- Introduce to you intermittent fasting as one of the world's oldest ways of dieting - not only for an incredibly quick fat loss, building a great amount of dense and lean muscle, but for better health, eye vision and brain power!- Spare you countless hours spent in the gym working out your abs, running on the treadmill or jogging outside!- Give back your free time spent on countless hours having to prepare your meals, shake and do cardio!- Equip you with an ultra strong willpower! You can either wait and procrastinate or select the "DOWNLOAD" BUTTON and discover a more efficient way and finally build the body you want! What can you expect in the Chapters 1-13:- Chapter 1: Benefits and side effects of fasting- Chapter 2: Spiritual side of dieting- Chapter 3: The main idea of fasting- Chapter 4: Practicality of fasting- Chapter 5: Fasting and caffeine- Chapter 6: Drinking enough water- Chapter 7: Strategies on having your 1st and last meal after your fasting period- Chapter 8: Intermittent fasting and cardio- Chapter 9: Intermittent fasting and working out- Chapter 10: How does fat loss work?- Chapter 11: Macronutrients and calorie calculator- Chapter 12: Abs- Chapter 13: BONUS: 3D abs workout Regular price \$4.99 - grab it for a discounted price! Limited time only!

Book Information

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Customer Reviews

I have read about intermittent fasting before, and the main focus point was to detox the body, and make it a usual habit to fast. I love reading books about healthy stuff, and so every time I see a book about diet or keeping myself fit, I download the book. After reading this book, I fully understood how intermittent fasting should work. This is the only book which tells me it is okay to eat a meal after 6 PM, and that I should not starve myself to death. The book tackled fasting a different way, and I really enjoyed reading it.

This guide covers everything from the history of fasting, reasons why you should or shouldn't fast, types of fasting, & how to be successful with fasting. It also managed to provide me with some insights into Anorexia and why anorexics resort to such a method of losing weight. I always had problems fasting, I used to mess up after some time, but this is the perfect book that helped me towards the path of successful fasting. Highly recommended

This book I bought especially for my husband. He is always watching over his body, so the question of proper nutrition and different diet of our family is very serious. The book is very interesting and easy and quick to read. Author detail step by step tells what to do. Even my husband liked the fact that the book gives its readers an excellent motivation. Willpower is very important in the diet. I recommend this book!

OK who wouldn't want to have abs and be fit and healthy. I definitely would love to even be half as fit as I used to back when I was still in college. Unfortunately time has not been kind. When I saw this book though I realized that I still had a chance. The intermittent diet definitely fits my program and I can't wait to see some of the results as promised.

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