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Intermittent fasting: for Beginners (2nd EDITION + BONUS CHAPTER) - Intermittent Fasting Diet Guide for Weight Loss (intermittent Diet 101 - Intermittent fasting for beginners)

Clara Taylor

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What is Intermittent fasting? Why is it efficient and How can you get started? Stop procrastinating and continue reading for answers!

2nd EDITION REVISED AND EXPANDED - BONUS CHAPTER AT THE END

Intermittent fasting is not a diet, but rather a dieting pattern. In simpler terms: it's making a conscious decision to skip certain meals.

Today only, get this Amazon bestseller for just $2.99. Regularly priced at $4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

This book is an introduction for beginners to this dieting pattern which will help you understand the basics and see if this diet is made for you. By fasting and then feasting on purpose, intermittent fasting means eating your calories during a specific window of the day, and choosing not to eat food during the rest. Now, there are a few different ways to take advantage of intermittent fasting:

Regularly eat during a specific time period. For example, only eating from noon-8 PM, essentially skipping breakfast. Some people only eat in a 6-hour window, or even a 4-hour window. Skip two meals one day, taking a full 24-hours off from eating. For example, eating on a normal schedule (finishing dinner at 8PM) and then not eating again until 8PM the following day.

With intermittent fasting, your body operates differently when "feasting" compared to when "fasting": When you eat a meal, your body spends a few hours processing that food, burning what it can from what you just consumed.

Intermittent fasting can potentially have some very positive benefits for somebody trying to lose weight or gain lean body mass. Men and women will tend to have different results, just like each individual person will have different results. The only way to find out is through self-experimentation.

After downloading this book, you will learn...

- Why Lose Weight?
- What is Intermittent Fasting?- Benefits of this Weight Loss Method
- Methods of Intermittent Fasting: Lean Gains
- Alternate-Day IF Method
- The Warrior Diet
- Bonus Chapter - How to Jumpstart Intermittent Fasting

- And Much, much more!

Read what other people have to say

"I believe that intermittent fasting is the best way to lose weight. I've read a lot of books about intermittent fasting, but this book is the best one so far. It was well written, and I enjoyed reading it! I was able to get new information that I've never read in other intermittent fasting books before. Highly recommended!"

- Sarah Thomas -

"I have heard so much about intermittent fasting can help you lose weight, simply because your body will never have to stick to a routine when it comes to burning fats. A great read for those people who wants to unlock the secret to this type of eating habit, and who knows you might just open up the closed door of your hidden brown fats!"

- Anne N. -

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Manuel Britton:

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