



Intermittent Fasting: The Fast Diet Plan to Weight Loss Success Longevity (Paperback)

By Stephany J Greene

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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...

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