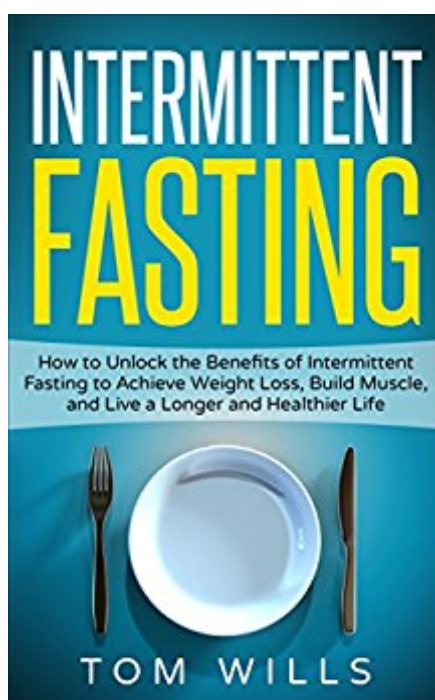


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Intermittent Fasting: How To Unlock The Benefits Of Intermittent Fasting To Achieve Weight Loss, Build Muscle, And Live A Longer And Healthier Life (Intermittent ... For Women, Intermittent Fasting For Men)



Synopsis

Are You Ready to Learn A Tried and True Method to Weight Loss? Are You Tired of Diets Telling You What You Can't Eat? Are You Ready to Discover a Weight Loss Plan that Allows You to Eat What You Want and Still Lose Weight? In this book, we are going to explore one of the time tested methods of weight loss: The power of Intermittent Fasting. In this book, I will talk about the follow topics. What is Intermittent Fasting Some of the amazing benefits Intermittent Fasting has to offer 5 or more Intermittent Fasting plans that you can choose from including 16:8 Diet 5:2 Diet Tips on Staying Motivated Steps You Must Take To Maintain Your Diet It is my hope that you read this book and put it into action.

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