



## Intermittent Fasting: 2 Books in 1 on Maximizing Weight Loss

By Nick Jackson

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 170 pages. Dimensions: 8.5in. x 5.5in. x 0.4in.Intermittent Fasting: 2 books in 1 on Maximizing Weight Loss--Intermittent Fasting and Rapid Fat Loss Mastery For a limited time only you can get 2 books for the price of 1!!!! Inside this jam-packed bundle youll get: Intermittent Fasting: The Secret Way to Lose Fat, Build Muscle, and Maximize Your Potential for Living a Longer, Healthier, and More Productive Life Inside you will learn the secrets that make intermittent fasting so successful while also learning about all the various types of intermittent fasting that are popular today. Intermittent fasting of all types has a plethora of benefits on the human body including weight loss, muscle gain, and an added resilience to everything from heart attack to stroke. While it might sound too good to be true, you will also find the science behind way of eating that conclusively proves why it is so successful. Once youve gained an understanding of why you should use this miracle method of eating, youll also learn how to implement intermittent fasting into your life. This book will leave you with all the tools you...



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