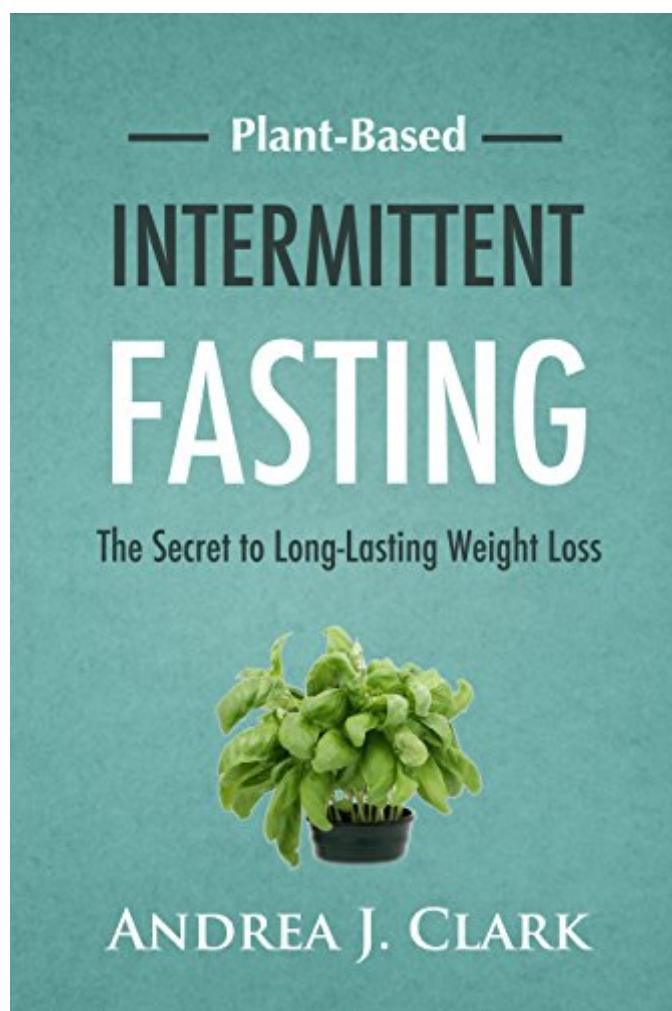


The book was found

Intermittent Fasting: The Secret To Long-Lasting Weight Loss



Synopsis

Have you been trying different fad diets, only to regain the same pounds over and over again? Forget the old "simple" calorie-in and calorie-out diet – there is no need to say no to your favorite food and count calories in every single meal you eat. Whether your dream is losing weight while being able to still eat everything you love, experiencing high energy level with increased mindfulness and willpower, or preventing dreadful diseases such as heart disease, cancer and Alzheimer's, "Plant-based Intermittent Fasting" is your secret to success. "Plant-based Intermittent Fasting" will teach you:

- How to lose that stubborn weight while eating whatever you want
- How to get lean and healthy without counting calories
- How to maximize IF's benefits through a plant-based diet
- How to listen to your own body and finally stop binge-eating
- How Intermittent Fasting can help you increase your willpower
- How IF can reduce your Insulin Resistance, and Lower Your Risk of Type 2 Diabetes
- How to lower your risk of heart disease by practicing Intermittent fasting
- How IF can prevent and protect you against cancer and Alzheimer's

A complete overview of 4 IF styles: 16/8, alternate-day, eat stop eat and 5/2 method and which one is for you. The book also provides a 7-Day Kick-Start Plant-based Intermittent Fasting Plan to help you start losing weight and boosting your well-being today.

Book Information

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Customer Reviews

This was a great book. The instructions were very clear and precise on how to start, whereas another book that I just read wasn't very clear on how to start or what to do. I loved this book and the author did a perfect job in presenting it. Now as for me, I've been doing the alternate day fasting and I lost 4 lbs in 5 days, but it's going to be one of those that will be hard to stick with, since I've only been doing it for a week, and I'm already starting to dread this type of IF. The author explains this type of IF also in great detail, and after reading this book, I have realized that I'm going about it all wrong and will try the 16/8 IF instead. It seems like it will be so much easier! I'm actually excited now because I KNOW I can have an eating and fasting pattern like this one. But I would highly recommend this book for anyone looking to start the IF. You will understand it a whole lot better.

I like the approach of this intermittent fasting, no meal plan, no meal prepping, no off limits foods, you can eat what ever you want, it is just a pattern of eating. The author discussed clearly what this pattern of eating all about which is a habit that you can easily integrate into your life. Content of this book may guide you lose weight without depriving yourself eating your favorite foods.

I have read quite a few books on intermittent fasting and this is one of the best. It is very informative and offers more flexible options than other IF diets which makes it easier to integrate fasting into your life. The medical benefits as well as the weight loss opportunities are well explained. An interesting read that could hopefully change your life!

I picked this up to check out this fasting approach I've heard a lot about. Ms. Clark's book is informative and easy to follow. I'm glad to have this introduction to the intermittent fasting process.

I have now read several books on IF, and this one is by far the best and easiest to understand. I felt that the author was explaining directly to me and gave me a range of options to pick from. Thoroughly recommend the purchase of this book first, if you are debating which IF book to buy.

I liked that this book enforced somethings I knew, while bringing a good amount of information that I did not know. It answered the WHY of some of the benefits I knew of but could not explain why. I like that it was short and to the point. I was able to finish it within 2 hours while working.

I have read a lot of books, and articles on this topic, and I think this is one of the very best. I have been adopting this diet for the last month, and still go back to this book for it's easy to understand advice. I really enjoyed the author's style and would recommend this particular book it as it is easy to read, easy to follow and the diet works, which is always a bonus.

Succinct enough to be read in one sitting, which is reflected in the price. This little book is written in an upbeat, engaging style and takes you through the science of fasting and nutrition without blinding you with it. If you even as much as a passing interest in what you might gain from regular fasting, it's certainly worth 99p of anyone's money to become better acquainted.

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