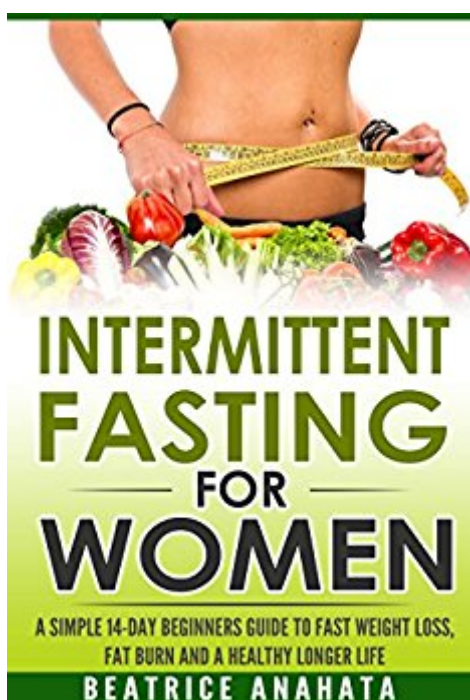


The book was found

Intermittent Fasting For Women: A Simple 14-Day Beginnerâ€™s Guide To Fast Weight Loss, Fat Burn, And A Healthy Longer Life.



Synopsis

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®Have you heard so much about Intermittent fasting and you finally want to try it out? Look no further, this is the best guide you could ever use to ensure your success!This Master Plan Includes Understanding of intermittent fastingThe types of intermittent fasting Common mistakes to avoid while doing this diet Top 10 tips on staying motivatedAnd Many, Many, Many more!! >> Download This Book Today

Book Information

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Customer Reviews

While this book is informative as a beginners guide, there is nothing remotely related to "14-day", and I also don't see much that is specific to women. A more accurate title would be "A Brief Introduction to Intermittent Fasting". The typographical errors are distracting - What is up with the "q" in an odd font that shows up throughout? Some of the paragraphs are quite repetitive, even to the point of seeming that the author may have intended to "cut and paste" a couple of sections, but copied them instead. The most helpful piece of information in this book is the formula for determining the number

of calories your body burns without factoring for exercise. While there are a descriptions of several forms of intermittent Fasting plans, there are only couple of brief examples of a 16/8 IF plan. So while this book is a good starter, the author doesn't quite take this book over the finish line.

It was quite an interesting book. I have never heard about intermittent fasting and I downloaded this book to know more about it. I also wanted to know about weight loss which would help me not regain it back. The book explains a different method of fasting which was very interesting and also doable. It has helped me understand the process well and also helped me understand how to lose the weight gradually. This method of fasting is easy, convenient and also doable. Recommended!

This book is not so much about fasting as it is about improving one's overall health. Using Gandhi as an example, Beatrice engages readers with not only carefully researched scientific evidence, but arguments for intermittent fasting that appeal to the heart and mind as well. This is a practical, eminently readable guide to a historically-precedent practice that will improve your life.

Such an informative book. A lot of important information has been gathered in this book. I was actually impressed by how much useful information is squeezed in such a short book. By reading this book I've got proper idea about intermittent fasting. Highly recommended.

Great content to make informed decisions.

Wow what can I say! I've learned so many ways to be a healthier me just from reading this book. This was my first time reading a book by Beatrice and I must say it won't be my last!

This is a great read! Good information packed into short and sweet easy to understand. I am a fan of intermittent fasting and recently started using this method the last couple months to drop weight.

Beatrice did a wonderful job of explaining the pros and the cons of Intermittent Fasting. This a no nonsense, no fluff book that was packed full of useful information on how to lose weight and become a healthier, more productive individual. She backed her facts with research from doctors and proven experiments. I will be sure to use this diet in my own life. I highly recommend this book to people who have been struggling with weight and health issues. Thank you for the great information.

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