



Intermittent fasting: The Simple Way To Burn Fat, Build Muscle And Increase Energy Levels (Dieting, Fat Loss, Muscle Gain, Health)

Mike Johnson

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Discover The Most Enjoyable And Effective Way To Lose Fat And Stay Fit!

Are you struggling with fat loss? Does the battle against the daily temptations feel unbeatable? Relax, it is not your fault and you are not alone. We have all been led to believe that fat loss only is possible if you cut out all your favorite foods and eat a super healthy diet and become a slave to the gym. This rigorous and miserable approach is flawed because of two reasons. 1. It is not enjoyable 2. It is not attainable. Intermittent Fasting is by far the easiest way to lose fat and to stay lean. This simple strategy will make fat loss effortless. A low body fat is critical for achieving the crisp and lean physique we all desire. Fat loss is a very simple process. To lose fat you have to be in a caloric deficit- you need to burn more calories than you consume. Although this is very simple and easy to understand, we have all started a diet only to break it in a matter of days or weeks. Intermittent fasting does not only make fat loss effortless, it also makes staying lean a walk in the park. This strategy allows for fat loss without starving yourself and it makes room for the huge and satisfying meals you love. Intermittent fasting is not a magic pill, it will take willpower to get started, but the benefits you will receive exceeds the efforts you will have to put in by astronomical measures. This is the smart way to go about fat loss. Intermittent fasting also brings a lot of other benefits in the domains of focus, discipline and health which are all covered in the book. If you truly want to get in the shape of your life you owe it to yourself to invest in this book.

In this book you will get a good understanding of what intermittent fasting is and how it can transform your life. You will also get the guidelines of how you can integrate intermittent fasting into your life and make staying lean effortless.

This is what you will learn in this comprehensive guide...

- How You Stand To Benefit From Adopting Intermittent Fasting
- How Does Intermittent Fasting Work
- Fasting And Women
- Fasting And Weight Lifting
- Different Intermittent Fasting Methods
- Supplementation Strategies For Intermittent Fasting

- And much, much more

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