



Intermittent Fasting: Simple Fasting Guide for Effective Weight Loss, Build Lean Muscle, and Achieve Natural High Energy (Fasting Diet, Detox, Healthy Lifestyle, Recipes, Fasting for Beginners)

Ross Simmons

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Use this Simple Guide for Effective Weight Loss, Build Lean Muscle, and Achieve Natural High Energy Today

Do you feel like most of the time you have spent with weight loss is a struggle? That no matter how much tiring exercise you do or just how less of the food that you eat, you still seem to get no results?

Don't worry, you are not alone!

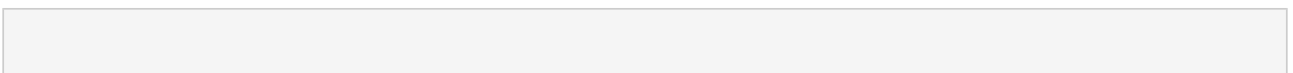
Contrary to popular belief, Intermittent Fasting is not a “diet”, but is more of a dieting pattern. As its name suggests, it's about being consciously open about skipping meals, not because you're sick but because you want to take in calories at a specific time of the day—so you can stop eating during the rest of the day.

With the help of this book, you'll learn what intermittent fasting is about, how it cleanses your body, build lean muscles, and how it helps you maintain and sustain great energy. **You need this book.**

Here is a Preview of What You'll Learn

- What Intermittent Fasting Is & How it Works
- Benefits of Intermittent Fasting
- How to Build Lean Muscles with Intermittent Fasting
- Eating Healthy with Intermittent Fasting
- Getting Enough Energy with Intermittent Fasting—Dos and Don'ts
- And Much, Much More!

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