



# **Intermittent Fasting For Beginners: The complete guide to fat loss, better health, and a faster metabolism through intermittent fasting**

*David Remington*

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**Intermittent Fasting For Beginners**

**Grab this GREAT physical book now at a limited time discounted price!**

Intermittent fasting is a new diet plan that is quickly rising to popularity. It is commonly used by celebrities, athletes, bodybuilders and every day people to help shed unwanted fat!

Intermittent fasting is not just another fad. This dieting style is backed by many scientific studies, along with thousands of testimonials.

This book will take you through exactly what is involved with intermittent fasting, and how you can easily implement it in your own life.

You will soon discover all of the benefits of this dieting style, and realize just how easy it is to take part in. This book covers several different styles of intermittent fasting, with different eating schedules planned out for you. This way, you can easily choose the one that best suits your lifestyle, so you can participate in intermittent fasting without having to sacrifice too much!

## **Here Is What You'll Learn About...**

- What is intermittent fasting?
- Benefits and Drawbacks
- Popular intermittent fasting protocols
- Step by step guide to intermittent fasting
- Common beginner mistakes and how to avoid them
- Best practices for success
- Much, much more!

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