



Intermittent Fasting: Everything You Need To Know About Intermittent Fasting (Lifestyle University) (Volume 2)

Walter James Brown

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Discover Everything About Intermittent Fasting And Start Losing Weight Fast! (WITH FREE AUDIOBOOK BONUS!)

Do you want to know what Intermittent Fasting is? Do you want to know what results Intermittent Fasting brought me? Are you tired of dieting without seeing results? Do you want to lose weight rapidly? Do you want a simple way of dieting where you don't need to constantly plan and monitor your calories? Do you want to know how to stay motivated while losing weight? **BONUS:** Do you want to receive the audiobook version of the Paleo Diet (my previous book) for FREE? Or do you just want to know some more about the Intermittent Fasting? Stop looking for articles, bad advice or crappy books and find out now by purchasing "Intermittent Fasting: Everything You Need To Know About Intermittent Fasting!"

The Author and Intermittent Fasting

Walter James Brown started his weight loss journey a couple of years ago. Before, he was obese and struggled with emotional eating. He became depressed and decided to lose weight in order to become healthy, feel happy and increase his confidence. Starting several diets, he wasn't able to sustain his weight loss. This due the fact that most of his diets were very complicated for him to properly follow and those diets didn't allow him to lose weight properly. At some point he saw a colleague get amazing results with Intermittent Fasting and decided to try it as well. The results he got were amazing! He managed to lose weight rapidly and his mood improved drastically. And because he never had a clear guide which helped him with his Intermittent Fasting journey, Walter decided to create a book that would help thousands of people achieve the same success.

Here Is A Preview Of What You'll Learn...

What Intermittent Fasting exactly is. What Intermittent Fasting did for me. The science behind Intermittent Fasting. How to lose weight with Intermittent Fasting. Benefits of Intermittent Fasting. What the common Intermittent Fasting models are. How myths are formed and why most myths about Intermittent Fasting aren't true. Which people should never Intermittent Fast. How to easily implement it into your life. What the pitfalls are and how to avoid them. And last but not least, how to receive my BONUSSES. All your questions will be answered! **Download your copy now!** Take action now by downloading this book and start learning everything you need to know about Intermittent Fasting and start seeing amazing results immediately!

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Victoria Schwan:

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