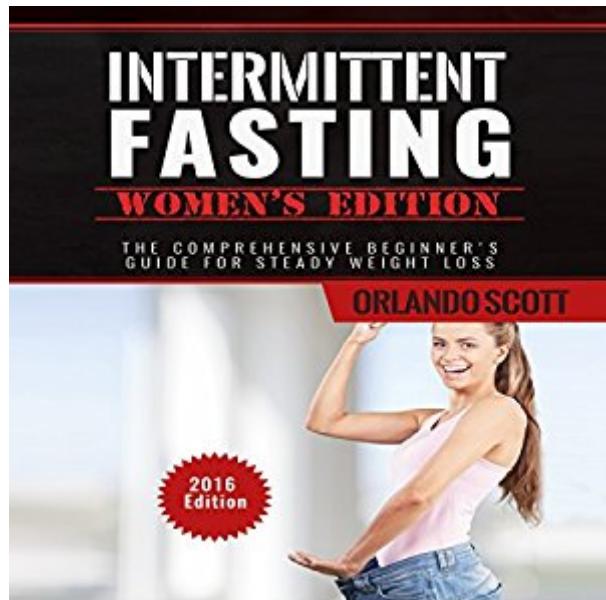


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# Intermittent Fasting: Womens Edition: The Comprehensive Beginner's Guide For Steady Weight Loss



## Synopsis

Fasting is one of the many eating trends that has only taken over the fitness community in the past years. It has been in practice since the ancient times to promote health. Fasting is also the cause of many conservatives rolling their eyes in an attempt to express their disgust toward the atrocity of starving one's self just to look and feel good. Atrocity and starvation - these are emotional and subjective words that put fasting in a very bad light. To put things in the right perspective, allow us to quickly define starvation, and take a trip back in history. Starvation is involuntary. It occurs because there is an absolute absence of food. It's a circumstance the person who is starving cannot control. On the other hand, fasting is a voluntary action. When you choose to fast, you still have control of your circumstance. Therefore, fasting only becomes atrocious when the body is already suffering, but you still choose to continue. This is not what fasting promotes. Apart from weight loss, fasting encourages the formation of an eating pattern that leads to a healthier and fuller life. With the fact that there is still "eating" involved with fasting, comparing it to starvation is the real atrocity. Here is a preview of what you'll learn: A dieting pattern that you can implement right away Breaking the breakfast belief The Warrior Diet 16/8 fasting The science behind intermittent fasting And much, much more!

## Book Information

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## Customer Reviews

I've been into a lot of diet programs and for me none of them actually works because the more you try to avoid the food that you wanted the more you find yourself eating it thus you gain weight instead of losing it. Intermittent fasting by far had me amazed as I tried it for two weeks now just by

mere instructions of my office mate. I wanted to make this as my diet program now so I got this book. Upon having a quick read on it, I find this to be a great source of information in doing the diet right. I sure am sure that I would see great results in here. So I'm keeping this one as my guide. Nice one!

This book was straight to the point and at the same time detailed, i never really knew the benefits of fasting before so this book increased my understanding of calorie intakes and dieting principles. I was impressed by the fasting methods laid out in the book such as the "eat stop pattern" which very quite simple and straight forward. Overall id say it is a well organised quick read guide for anyone interested in learning more about intermittent fasting. Disclaimer: I received a copy of this book in exchange for my honest feedback.

Everyone loves to eat. Nobody does not want to. And fasting is a very great challenge for those who want to be involved in this diet program. Starvation ranks first on your mind when you hear the word fasting. Thus, this book clears the misconceptions you have in mind. The author provides the basic concept of intermittent fasting, and that benefits you will get that would basically promote health. This is a great book. It will surely enlighten you from any misconceptions.

This book talks about a comprehensive ways of losing weight through Intermittent fasting. I've learned the different types of fasting and its various effects to our body. It also provides information regarding the right way of doing fasting. Apart from weight loss, fasting encourages the formation of an eating pattern that leads to a healthier and fuller life.

Fasting is a difficult process and require strong power of will. It is great how the author took into consideration the psychological aspects of it and decided to give that a lot of emphasis. Also, there are some food nutritional values present, which makes the book a lot more interesting.

This is one of the brilliant books I had read. This was a great guide to get you on the road to intermittent fasting. I liked that this book presents clearly how to actually go about it, why is it effective and what are the long-term benefits. By giving pros and cons it helped me develop my own opinion and feel confident and informed enough to try it out! This book included subjects, for example, heftiness, essential discontinuous fasting, discovering the ideal irregular fasting strategy, muscle building and numerous more themes that will manage you. I would recommended this book.

Short, sweet, concise and chock full of advice. It works and life is good. The little bit of fasting is nothing compared to the freedom to give up dieting and enjoy food. In this book is all of the information you need to know about intermittent fasting. From the great health benefits to just losing weight and eating right, intermittent fasting is the perfect way to achieve your health and fitness goals. I learned more about intermittent fasting. The book was an easy read and well written. It was a good source for some basic information. This is a great book for all beginners in intermittent fasting.

This is a great book to guide you on how to lose weight in a very good way through fasting. The book gives the guideline on how to start off with intermittent fasting and get the best results. I love the clarity of the book and how it gives the different fasting methods and the science behind the same. The book also gives the health benefits of this fasting such as lowering the effects of diabetes, brain health among other very essential benefits. More over, the book gives the side effects on women practicing the intermittent fasting. I love this book. Great guide. Thanks to the author.

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