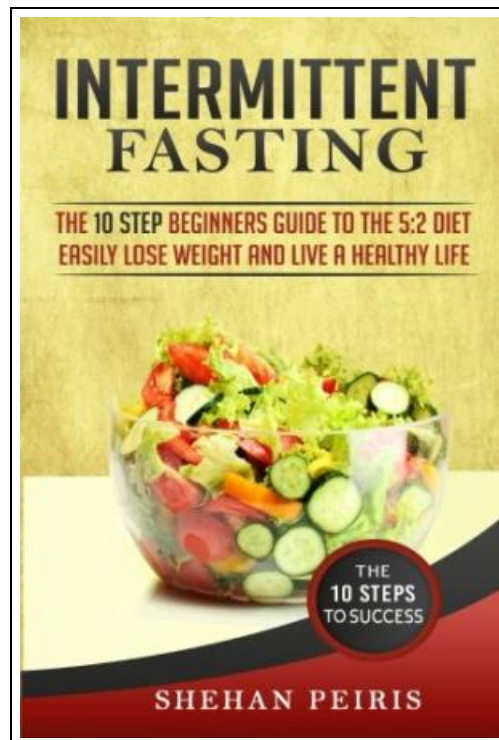


## Intermittent Fasting: The 10 Step Beginners Guide to the 5:2 Diet - Easily Lose Weight and Live a Healthier Life



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*The publication is easy in read better to understand. It is writter in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).  
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you want to have your cake and then eat it too? It surely seems difficult, doesn't it? Well, not anymore. The 5:2 diet makes weight loss super convenient, flexible and enjoyable through the process of intermittent fasting! As you practice this, you understand that losing weight is just a breeze. In fact, there could never be such a comfortable option to lose weight and enjoy great health!!! The 5.2 diet is a diet that allows you to have a slice of cheese, butter your bread and even enjoy an occasional glass of wine! And you don't ever feel that you are on a diet - because this diet simply becomes a part of your life. Within weeks, as you notice great results, you realize that this diet regime has become your best friend that you would probably never want to part with. Also referred to as The Fast Diet, this intermittent fasting ritual allows you to consume whatever you want to consume for five-week days and restrict calories for two days. The best part - you get the flexibility to choose these two days! Excited to get that beach ready body? Download your copy now to understand the science behind this diet and the 10-step beginner formula to get you started. This book will also help you create your personal plan to success with the 5.2 diet, ensuring that you eat your favorite foods regularly and in the process, get slimmer, healthier and happier. This is the only reason I have included ten sumptuous, easy to make recipes that you can prepare at home and consume on your fast days. Overall, this book includes: -...

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