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Sara Elliott Price

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INTERMITTENT FASTING

Lose Weight, Get Fit and Add Years to
Your Life With Intermittent Fasting



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#4112886 in Books 2015-05-30Original language:EnglishPDF # 1 9.00 x .10 x 6.00l, .16 #File Name:
151185004342 pages | File size: 34.Mb

Sara Elliott Price : Intermittent Fasting: Lose Weight, Get Fit and Add Years to Your Life With Intermittent Fasting before purchasing it in order to gage whether or not it would be worth my time, and all praised Intermittent Fasting: Lose Weight, Get Fit and Add Years to Your Life With Intermittent Fasting:

3 of 3 people found the following review helpful. Its a Healthy Lifestye - Not a Short Term Diet.By Elizabeth PavlovnaIntermittent Fasting, or IF for short, is fast becoming the method of choice for weight loss over diets and

understandably so. Diets are typically short term solutions while IF promotes healthy life long living, I like IF. To me it just makes a lot of sense. Society has progressed so that we as a people, can eat what we want, when want, including foods that are not from our areas, foods that are out of season, and foods that are highly processed. Before this "progress" food was not always available in abundance, so we as humans naturally faced periods of fasting to preserve what little food was available - in other words, we are hardwired for fasting. The benefits of intermittent fasting are well presented by the author as well as the different options available. 0 of 0 people found the following review helpful. Great Resource! By Alex Like another reviewer already said, Intermittent Fasting (IF) isn't a short-term diet - it's a healthy lifestyle. To me, this makes a lot of sense. While short term solutions also often bring just short-term results, a long-term view and a healthy lifestyle are key for a long, healthy and energetic life. Sara Elliott Price's book is a great resource as it covers pretty much everything about Intermittent Fasting: HOW and WHY it works, the benefits of IF, how to start, the different types of IF, food recommendations and even a FAQ section (really helpful). Basically it's all the information you need to get started, written in a clear and concise style. So, if Intermittent Fasting sounds interesting to you, this book is without a doubt a recommendation! 0 of 0 people found the following review helpful. Great Book! By Anthony Iglesias Great book on the subject. My friend and I were talking about this topic this past Tuesday since we're both into health and fitness. I learned I was actually doing the Leangains Method of intermittent fasting unconsciously on and off after I did my cleanse this past month. The book explains the types of intermittent fasting the benefits of it and how to succeed successfully.

Discover How Intermittent Fasting Can Transform Your Health And Change Your Life Forever! You can have more energy, look and feel younger and slow down the aging process. If it sounds too good to be true, I promise it's not! Intermittent Fasting can improve your life in more ways than you can imagine. Intermittent Fasting has gained popularity in recent years. Scientific research has proven the anti-aging and weight loss effects of an intermittent diet, and it seems to have become everyone's preferred method of getting fit and healthy. Unlike Conventional Methods Of Dieting, Intermittent Fasting Is Natural And Convenient... Instead of sticking to a diet plan all the time, people practicing intermittent fasting can eat most anything they want when they are not fasting. It has been found that when people fast intermittently, they automatically start eating less which further aids in weight loss. In this book, you'll find out what intermittent fasting is, how it works, what benefits you can expect, and how to get started right away! All the different methods of intermittent fasting are included so you can easily try out different methods and select the one that suits your lifestyle best. You'll also find a list of superfoods that you can incorporate into your intermittent diet to further aid you in your weight loss and fitness journey. Here's A Preview Of What You'll Learn... What Intermittent Fasting actually is What benefits you can expect from IF Why it should be considered a lifestyle more than a "diet" Find out which method of IF is right for you Learn how IF transforms your body to a fat burning, muscle building machine What foods have the greatest impact on weight loss and health in general Discover how you can slow down aging and sometimes even reverse it Get answers to all the most frequently asked questions Plus, so much more... This book is your complete guide to Intermittent Fasting. You can get started right away and jump-start your health and weight loss journey fast! Would You Like To Know More? == Scroll up and click 'add to cart' to get your copy now!

About the Author Sara Elliott Price is a best selling author in the health and self development genres. From a very early age she knew she had a passion to help others become healthier, better versions of themselves and her dream has come alive through her writing. Sara enjoys writing books on health and self-help topics as well as a sampling of other subjects that she is passionate about. She considers herself an avid learner--especially when it comes to nutrition and how our lifestyles affect our health. In her spare time she enjoys practicing yoga, developing easy and delicious healthy recipes and spending time with friends and family.