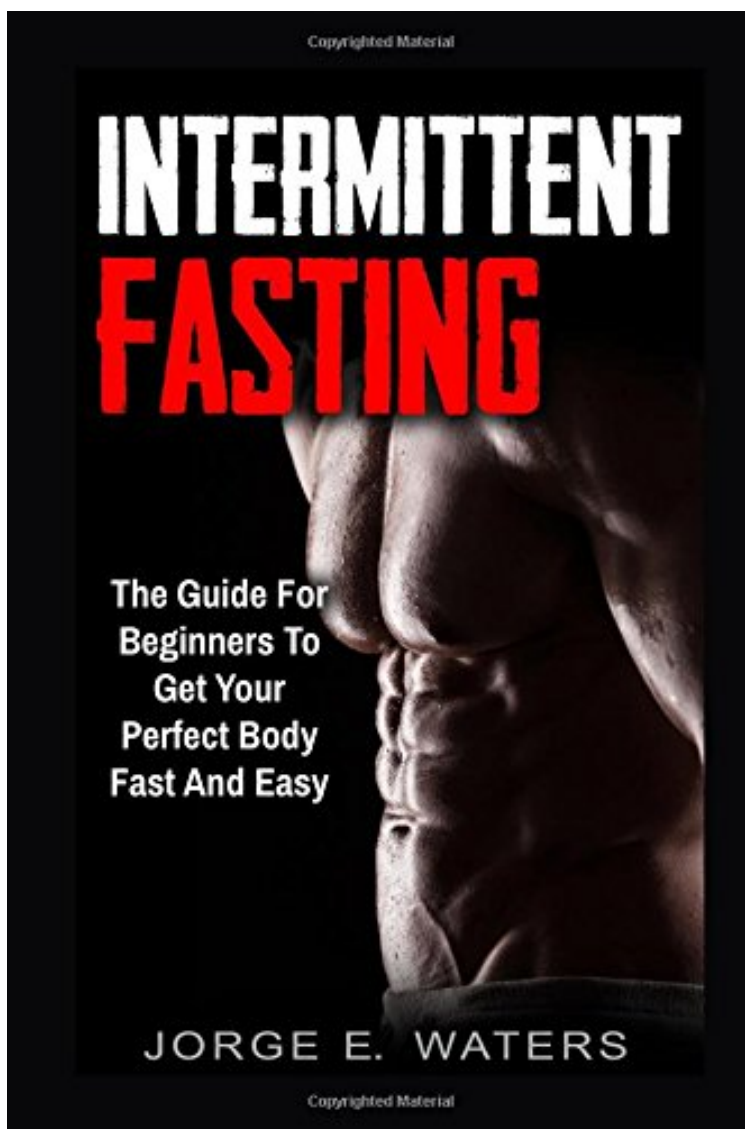


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very informative book, It is written in a professional manner, easy to understand and really very helpful. I had couple of doubts about fasting: what to avoid, how to combine intermittent fasting with other diets and so on. This book gave me the information I was looking for!
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