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# Intermittent Fasting: A Simple Guide To Learn Intermittent Fasting & Plan Your Meals To Get Results Fast

*Erik Smith*

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**Intermittent Fasting: A Simple Guide To Learn Intermittent Fasting & Plan Your Meals To Get Results Fast** Erik Smith
What you are about to read is a quick guide to show you the principles of intermittent fasting. I am reluctant to call it a diet because it’s not a diet. (Which I cover later on.)

I know most people who start a diet usually are excited to start and are overwhelmed with the enthusiasm that they are “finally going to lose that weight” that they have been wanting to lose for a while. But I know that most people will not continue to practice their diet truthfully within a week or two.

Why is this?

I think it is because diets tend to be too complex and have all different kinds of rules that make it hard for people to follow. People tend to cheat a little at first, then they completely abandon their diet because food is just too good not to eat.

Well, what if I told you that you could eat the same foods you currently are, but just eat them at different times of the day, lose weight, and build muscle? Would you believe me? This is something.

Welcome to the world of intermittent fasting.

You will learn in this book:

Common Diet Myths
What Is Intermittent Fasting?
How Does Intermittent Fasting Work?
The Benefits Of Intermittent Fasting
Different Options You Have
Meal Schedules
Diet & Other Recommendations While Intermittent Fasting

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