



**Fasting: The Intermittent Fasting Bible:  
Intermittent Fasting - Flexible Diet & Carb  
Cycling (Belly Fat, Ketogenic, High Carb, Slow  
Carb, Testosterone, Lean Gains, Carb Cycling)**

*Chase Williams*

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**If you've heard of intermittent fasting and was wondering if it's right for you, this book will really help you to decide.**

**★★★ Upgraded 2nd Edition ★★★**

**Many people believe fasting is unhealthy, but this book sets the record straight. You will learn the many different methods available for intermittent fasting, as well as how to find the best intermittent fasting method for yourself. You may be surprised by how many different ways there are that you can take up intermittent fasting without changing your current lifestyle (too much).**

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**Some of the things you will learn in this book are:**

- ✓ The basics of intermittent fasting**
- ✓ The many benefits of fasting**
- ✓ How to (and how not to) fast**
- ✓ Some of the methods available for intermittent fasting**

- ✓ **How to choose the best method for yourself**
- ✓ **What you can expect while fasting**
- ✓ **What kind of results you can expect from fasting**

**If you have a weight problem, low energy, a slow metabolism or just want to be healthier, then you'll find this book invaluable. If you are into body building and trying to bulk up, you may have thought that intermittent fasting could not be right for you, but this book explains why intermittent fasting could be very beneficial to helping you build muscle while tweaking your metabolism.**

**Another thing the author emphasizes in this book is how intermittent fasting can also help you plan your meals more carefully during those “non-fasting windows”. You will learn that, while you can eat anything you like during the non-fasting times, eating the right foods will propel you toward your weight goal and help you feel healthier much quicker and easier. The author has listed several example menus at the end of this book to help you toward this goal. There are even different examples for meat eaters, vegetarians and vegans.**

**So, if you have tried all the diets, drank the shakes and popped the pills with little to no success, you may have just stumbled upon the perfect method for you to lose weight. Notice, that this is not a diet, this is a lifestyle. A lifestyle that will help you lose weight and keep the weight off. A lifestyle to increase your metabolism, filling you with much more energy, to help you feel better about yourself.**

**Once you have finished reading this book you will be equipped to start doing something that will change your life. So what are you waiting for? Go up there and click on “Buy this book!” and you'll**

**be on your way to a healthier, thinner, happier life!**

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#### **Fannie Vincent:**

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**Stephen Porter:**

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