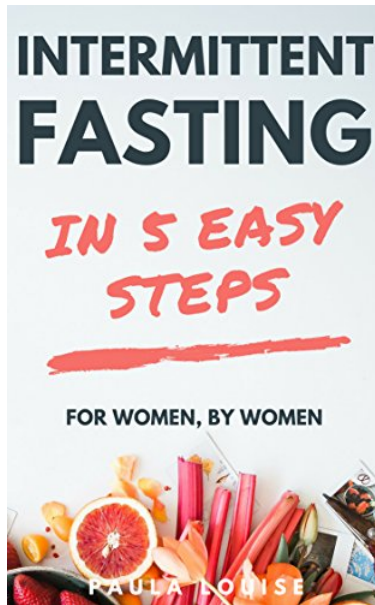


[Download] Intermittent Fasting in 5 Easy Steps for Women, By Women: The Secret Womens Fasting and Diet Guide to Maximize Weight Loss and Burn Fat



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Intermittent Fasting in 5 Easy Steps for Women, By Women is the ultimate secret guide for weight loss and fat burning. It's the key to unlocking a new you. Plus, have a COMPLIMENTARY bonus on me (keep reading to find out what it is). Are you ready to lose weight, burn fat and stick to Intermittent Fasting? If yes, keep reading...Ladies, I know how challenging it is to start and stick to a new diet. I started Intermittent Fasting a few times and ended up quitting. I was disappointed because I always struggled with my weight. It was just so difficult to stay motivated. I read countless articles and books (written mostly by men) who just didn't understand my needs as a woman. They had a lot of answers, but none to my questions. I genuinely wanted to start again, I just didn't know how. Then one day, while I was on YouTube, I had enough of my weight and lack of progress. I wanted to try Intermittent Fasting one more time, but this time I would stick with it. I spent countless hours researching the science behind it, the benefits (weight loss, fat burning), common issues, and more. I consulted Intermittent Fasting female experts for motivational advice and words of wisdom. I joined

Intermittent Fasting and dieting groups for support. I surrounded myself with healthier foods and snacks. I changed my entire lifestyle so I could change my life. I've now been doing Intermittent Fasting for a long time. It helped me lose weight, burn fat, and get my confidence back. It changed my life so much that I decided to dedicate my time to help other women like me. After hearing countless success stories from my female clients, I was inspired to write a book to help more women. Honestly, I thought it would be inspiring and helpful to read a fasting book written for women, by women. Too many health and fitness books are written by men who just don't understand us. I worked with several female Intermittent Fasting experts to come up with the most helpful information for beginners and veterans alike. I spent weeks exploring what other books, that were mostly written by men, left out that was important for women to know. When we finished, we were confident this was the most helpful and motivational Intermittent Fasting book written for women, by women. Today, I am releasing this book to help women like me. Whether you tried Intermittent Fasting before and gave up, or whether this is your first time, I guarantee this book will help you in more ways than one. Even to this day, my clients message me that they are so thankful for my advice and help. Everything I know and learned about Intermittent Fasting is in this book. I genuinely hope this will help you change your life, for the better. What's Inside? Chapter 1. The Medical Science Behind Intermittent Fasting Chapter 2: Why Intermittent Fasting Stands Out Compared To Other Diets Chapter 3. Benefits Of Intermittent Fasting Chapter 4. 5 Easy Steps To Get Started And Stick With Intermittent Fasting Chapter 5. How To Easily Get Over The 21 Day Hump Chapter 6. Motivation Tips And Words Of Wisdom Chapter 7: How To Safely End Your Fast Chapter 8. Common Issues Women Experience With Intermittent Fasting And How To Overcome Them What are the FREE bonus items? •Life changing online support groups•Mouth-watering fasting meal plans•Top apps to track your progress•Most effective workouts to burn fat during a fast

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