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## The Intermittent Fasting Weight Loss Formula How To Lose Weight Fast , Keep it Off Renew The Mind, Body Spirit Through Fasting, Smart Eating Practical Spirituality Volume 2

By Robert Dave Johnston

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 96 pages. Dimensions: 8.4in. x 5.8in. x 0.7in. This book is Volume 2 of the series, How To Lose Weight Fast , Keep it Off and Renew The Mind, Body and Spirit Through Fasting, Smart Eating and Practical Spirituality. Intermittent fasting has become an increasingly-popular way to lose weight quickly without having to commit to long-term diets. But most people who practice intermittent fasting are merely scratching the surface. Author, Robert Dave Johnston, fasting coach and webmaster of [FitnessThroughFasting.com](http://FitnessThroughFasting.com), presents the powerful five-prong intermittent fasting system that helped him overcome obesity, lose 100 pounds and, more importantly, keep it off for more than 10 years. And heres the good news: The weight loss numbers provided by intermittent fasting are very doable. Whether you only need to lose a few pounds, or if you are an athlete seeking for ways to reduce body-fat, or if you are overweight or even seriously obese, the intermittent fasting machine can help you take a quantum leap towards the TOTAL attainment of your goals. Im not talking about losing some of the weight. With intermittent fasting, you can lose ALL...



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