

# Fasting for Beginners: The Safe Way to Lose Weight, Clear Your Mind and Save Time With Proven Fasting Techniques (Intermittent fasting, Weight loss, Health, Cleanse)

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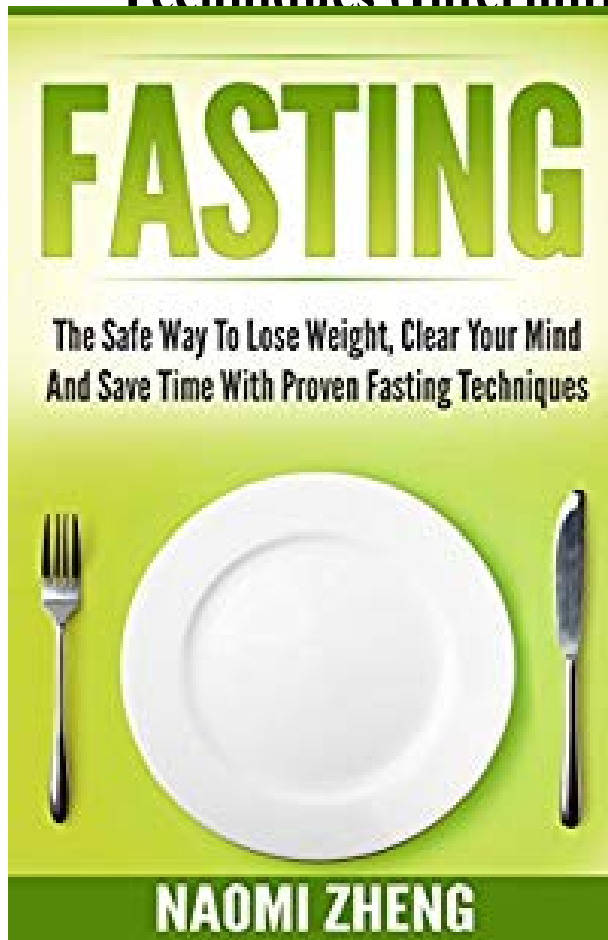
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Have you gone on diet after diet only to suffer failure and disappointment? Are you looking for a lifestyle modification that will continue to deliver benefits long after you try it? Are you looking for a low-effort, relatively low impact way to change your overall lifestyle for the better? Would you like to change your lifestyle so you can live life to your fullest potential?  If you answered YES to ANY of the above, one of the most powerful things you can do is to fast! Now, don't freak out. Fasting doesn't have to mean you have to go live on a hilltop monastery and renounce the world. It doesn't have to be an ordeal or a hassle.  Instead, 'practical fasting' simply means working with a daily activity you're already engaged in-sleeping. That's right - you're already fasting and you probably don't know it. Sleep is fasting. By working to actively increase this 'zero calorie intake window' from eight hours upward, you can produce long-lasting positive changes to your lifestyle.  Fasting not only helps pave the way for sustainable weight loss, it also helps you gain a better sense of well-being while improving your mental and emotional health. This book gives you an overview of fasting,

what it is, its benefits and how to craft a practical personal fasting plan that will meet your specific personal needs. Remember: Change can only happen if you decide to act on it. Buy this book today and change your life for the best - **STARTING NOW!** Here Is A Preview Of What You'll Learn... How weight loss works A quick history of fasting How fasting helps you lose weight Do this before you fast Intermittent Fasting Dealing with common fasting problems Much, much more! Download your copy today!