



Intermittent Fasting: Lose Fat, Build Muscle and Get Fit (Paperback)

By Epic Rios

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do You Want to Lose Fat, Build Muscle and Get Fit? Then this is the book for you!!! This book teaches you how to develop an amazing looking body by practicing Intermittent Fasting. This book teaches you what Intermittent Fasting is and how you can begin this Amazing Lifestyle so that you can Lose Fat, Look Good and Feel Great all the time! This book teaches you the different kinds of Intermittent Fasting Schedules and Methods that you can use in order to make Fasting part of your every day living. This book teaches you about nutrition and goes over simple meal plans that you can prepare in order to help you with your Intermittent Fasting Lifestyle. This book goes over simple Intermittent Fasting Tips and Strategies that will help you along your Fat Loss Journey. This books teaches you the Real Secret to Permanent Fat Loss and that secret is Intermittent Fasting. So Do You Want to Lose Fat, Build Muscle and Get Fit? Then What are You Waiting For? Buy This Book Now!!!



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