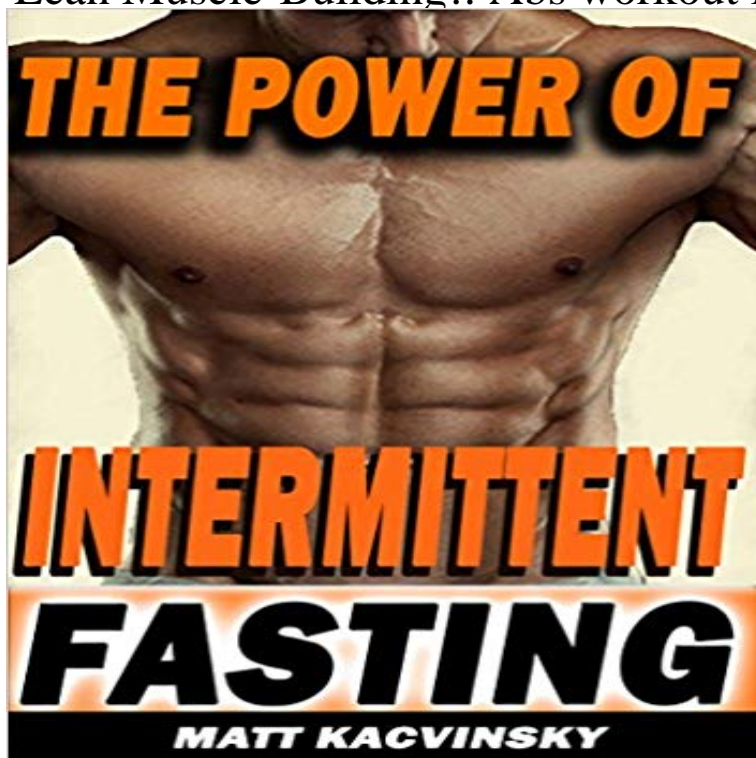


The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included!



Forget about all that you already know about weight loss and dieting for a while and get to know intermittent fasting! **INTERMITTENT FASTING:** Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss with no Cardio, enabling Lean Muscle-Building! This book will show you how to: - Avoid useless time spent on the long cardio workouts without no significant fat decrease on your abs! - Eat until you are fully satiated while still losing fat! - Get that dreamy six pack, lean waist and ideal body curves! This book will further: - Introduce to you intermittent fasting as one of the world's oldest ways of dieting - not only for an incredibly quick fat loss, building a great amount of dense and lean muscle, but for better health, eye vision and brain power! - Spare you countless hours spent in the gym working out your abs, running on the treadmill or jogging outside! - Give back your free time spent on countless hours having to prepare your meals, shake and do cardio! - Equip you with an ultra strong willpower! You can either wait and procrastinate or select the **DOWNLOAD BUTTON** and discover a more efficient way and finally build the body you want! What can you expect in the Chapters 1-13: - Chapter 1: Benefits and side effects of fasting - Chapter 2: Spiritual side of dieting - Chapter 3: The main idea of fasting - Chapter 4: Practicality of fasting - Chapter 5: Fasting and caffeine - Chapter 6: Drinking enough water - Chapter 7: Strategies on having your 1st and last meal after your fasting period - Chapter 8: Intermittent fasting and cardio - Chapter 9: Intermittent fasting and working out - Chapter 10: How does fat loss work? - Chapter 11: Macronutrients and calorie calculator - Chapter 12: Abs - Chapter 13: **BONUS: 3D abs workout** Regular price \$3.99 - grab a **FREE COPY!** Limited time only!

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