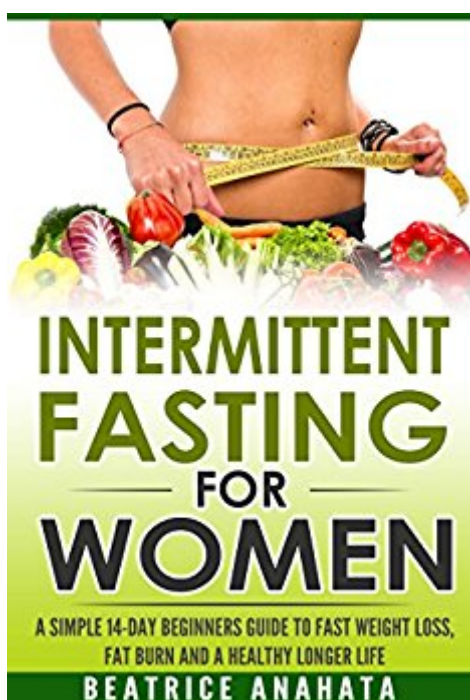


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# Intermittent Fasting For Women: A Simple 14-Day Beginnerâ€™s Guide To Fast Weight Loss, Fat Burn, And A Healthy Longer Life.



## Synopsis

Get The Amazing Benefits Of Intermittent Fasting® - Free Bonus Inside® -  
®Have you heard so much about Intermittent fasting and you finally want to try it out? Look no further, this is the best guide you could ever use to ensure your success!This Master Plan Includes Understanding of intermittent fastingThe types of intermittent fasting Common mistakes to avoid while doing this diet Top 10 tips on staying motivatedAnd Many, Many, Many more!! >> Download This Book Today

## Book Information

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## Customer Reviews

While this book is informative as a beginners guide, there is nothing remotely related to "14-day", and I also don't see much that is specific to women. A more accurate title would be "A Brief Introduction to Intermittent Fasting". The typographical errors are distracting - What is up with the "q" in an odd font that shows up throughout? Some of the paragraphs are quite repetitive, even to the point of seeming that the author may have intended to "cut and paste" a couple of sections, but copied them instead. The most helpful piece of information in this book is the formula for determining the number

of calories your body burns without factoring for exercise. While there are a descriptions of several forms of intermittent Fasting plans, there are only couple of brief examples of a 16/8 IF plan. So while this book is a good starter, the author doesn't quite take this book over the finish line.

It was quite an interesting book. I have never heard about intermittent fasting and I downloaded this book to know more about it. I also wanted to know about weight loss which would help me not regain it back. The book explains a different method of fasting which was very interesting and also doable. It has helped me understand the process well and also helped me understand how to lose the weight gradually. This method of fasting is easy, convenient and also doable. Recommended!

This book is not so much about fasting as it is about improving one's overall health. Using Gandhi as an example, Beatrice engages readers with not only carefully researched scientific evidence, but arguments for intermittent fasting that appeal to the heart and mind as well. This is a practical, eminently readable guide to a historically-precedent practice that will improve your life.

Such an informative book. A lot of important information has been gathered in this book. I was actually impressed by how much useful information is squeezed in such a short book. By reading this book I've got proper idea about intermittent fasting. Highly recommended.

Great content to make informed decisions.

Wow what can I say! I've learned so many ways to be a healthier me just from reading this book. This was my first time reading a book by Beatrice and I must say it won't be my last!

This is a great read! Good information packed into short and sweet easy to understand. I am a fan of intermittent fasting and recently started using this method the last couple months to drop weight.

Beatrice did a wonderful job of explaining the pros and the cons of Intermittent Fasting. This a no nonsense, no fluff book that was packed full of useful information on how to lose weight and become a healthier, more productive individual. She backed her facts with research from doctors and proven experiments. I will be sure to use this diet in my own life. I highly recommend this book to people who have been struggling with weight and health issues. Thank you for the great information.

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Intermittent Fasting: The Ultimate Intermittent Fasting Guide for Healthy and Quick Weight Loss (Intermittent Fasting Plan, Intermittent Fasting for Women, Weight Loss, Burn Fat, Intermittent Eating) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners)

Intermittent Fasting: How to Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a Longer and Healthier Life (Intermittent ... for Women, Intermittent Fasting for Men) Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) Fasting: Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful (Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet)

Intermittent Fasting: 7 Beginnerâ™s Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1)

Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding)

Intermittent Fasting for Women: A Simple 14-Day Beginnerâ™s Guide to Fast Weight Loss, Fat Burn, and A Healthy Longer Life. Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Intermittent Fasting: Build Muscle, Burn Fat, and Lose Weight Fast with Intermittent Fasting

Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Eat One Meal a ... Fasting One Meal a Day Book 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Keto Fasting: Start an Intermittent Fasting and Low Carb Ketogenic Diet to Burn Fat Effortlessly, Fight Diabetes, Purge Disease and Become Keto Adapted (Fasting Ketosis Book 1) Intermittent Fasting: Lose Weight Fast and Everything Else You Need to Know About Intermittent Fasting and How It Can Change Your Life Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health,

Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Ketogenic Diet With Intermittent Fasting For Rapid Weight Loss: Bundle: 3 Books in 1: 100+ Delicious Low-Carb Recipes For Amazing Energy (Intermittent Fasting Bundle, atkins diet)

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