

Intermittent Fasting Beginners Guide to Intermittent Fasting 8 16 Diet Steady W



BOOK DETAILS

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BOOK SYNOPSIS

In *The 8-Hour Diet*, David Zinczenko and Peter Moore present a paradigm-shifting plan that allows readers to eat all the foods that they love, while losing those extra pounds that they hate. But it's so simple it's like clockwork. Literally. Research shows that by focusing their diet on 8 critical, nutrient-rich Superfoods--and eating as they normally would, but only within an 8-hour window each day--readers really can eat whatever they want, while losing weight faster than they ever imagined. The timing mechanism is such that it will reset a dieter's metabolism so that he or she can enter fat-burning mode first thing in the morning--and stay there all day long. In the book, readers will additionally find motivating strategies, cheating tips for those days when an 8-hour schedule is impossible, a sample eating plan, delicious recipes (of course, rich in Superfoods), an eight-minute daily workout routine to maximize calorie burn, and a bonus workout for those looking not only to lose weight but also to tone their bodies. *The 8-Hour Diet* promises to strip away unwanted pounds, and to give readers the focus and willpower they need to reach all of their goals for weight loss (and otherwise).

INTERMITTENT FASTING BEGINNERS GUIDE TO INTERMITTENT

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