



## Intermittent Fasting for Women: The Ultimate Beginners Guide to Fast, Effective Weight Loss with Intermittent Fasting - Discover the Secrets to Rapid Fat Loss Without the Frustrations of Dieting! (Paperback)

By Megan Lacey

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.FINALLY Lose Your Stubborn Body Fat and Get That Bikini Friendly Body You ve Always Dreamed Of! Are You Frustrated With Stubborn Body Fat, Especially Around the Hips, Thighs and Bum? Discover How You Can Effortlessly Unlock Stored Body Fat and Accelerate Fat Loss with Intermittent Fasting! Bonus: Free Ebook with Purchase 13 Fat Loss Myths, Busted Dear friend, My name is Megan Lacey, and I want to teach YOU how to finally lose that stubborn body fat around your belly, hips and thighs once and for all; it s time to finally get yourself that flat belly, tight bum and lean legs you ve struggled to achieve for so long! I transformed my body, now let me transform yours! I m going to teach you exactly how to stop talking about building that bikini friendly body of your dreams, and instead actually take action to turn your dream into a reality! If you follow the guidelines and principles of Intermittent Fasting I discuss in the book, you WILL achieve that lean, flat and toned body you ve always wanted....



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