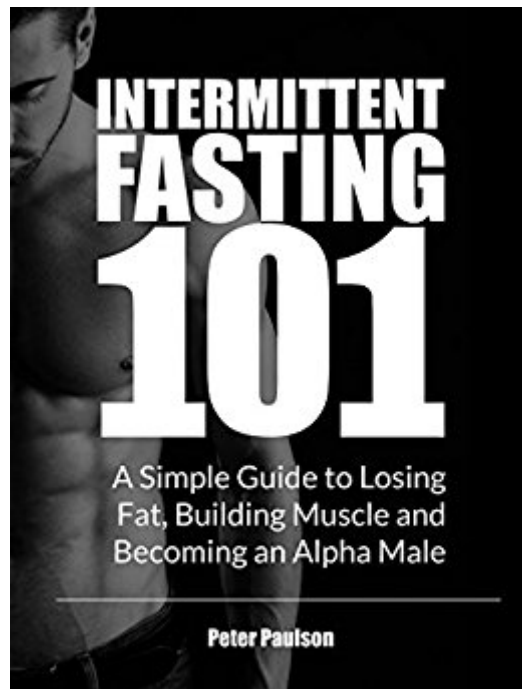


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# Intermittent Fasting 101: A Simple Guide To Losing Fat, Building Muscle And Becoming An Alpha Male



## Synopsis

Intermittent Fasting 101 – Finally a plan that works and that I can live with | I'm leaning up faster than any other method I've tried • – “Dustin (Reviewer)Let's cut straight to the point | Lean muscle and washboard abs are sexy. Spaghetti arms and stomachs that – jiggle • are not. And, if you're unhappy with the shape you're in then it's time to change that, and change it quickly. So, Let Me Introduce You to Intermittent Fasting. The most sustainable and easy to adopt fitness approach ever. And, no, I'm not exaggerating. So, if you want a stupidly simple way to lose fat, build muscle, increase your testosterone and feel like a new man then keep reading... Intermittent Fasting is not a diet or a fad, it doesn't involve crazy workouts or expensive supplements, what it does is deliver results – fast. Simply put, it is a new approach to eating... An approach that delivers head-turning, jaw-dropping and life-changing results. Intermittent fasting is simply the process of cycling between periods in which you eat with periods that you don't eat. This process causes your body to produce a multitude of hormonal responses. And, this is what delivers such incredible benefits and results, such as – Rapid fat loss (without muscle loss or crazy dieting)- Spiked testosterone levels and human growth hormone production- Ability to build lean, hard muscle. Fast. (thanks to those spiked Test levels)- Increased energy levels- Improved cognitive functioning Best of all – it's not bro-science. Intermittent fasting has scores of scientific studies backing it. And that (along with the result it delivers) is one of the reasons it's loved by celebrities such as Ben Affleck, Hugh Jackman, Beyonce and Benedict Cumberbatch. It's easy to adopt and you don't need to go on a crazy diet or change your lifestyle to get the results. In fact, I won't be surprised if you laugh when you see how seamlessly it will fit into your life. So, if you want to build lean muscle, shred fat, feel incredible and get head-turning results. Grab this book now. Inside you will learn exactly how intermittent fasting works. Why it's so powerful and exactly how to implement into your life. This book contains no fluff or filler. It's short, to the point and actionable. So, buy the book now, don't hold off until tomorrow – separate yourself from the crowd and be the one who gets results. To your success! Peter Paulson P.S. If you buy now you'll get access to 2 incredible free gifts valued at \$27. These gifts simply throw gasoline on the fire of your success. So, what are you waiting for? Buy Intermittent Fasting 101 now.

## Book Information

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## Customer Reviews

Really 18 pages of info. The 'book' (bka pamphlet) is 30 pages long but is really 18 pages of anything and the font is HUGE. Here is the gist: fast for 16, 18, 20 hours a day. Stay away from the usual food culprits. When you get good at fasting do longer fasts of a day or 36 hours but do not go longer then 36 hours you burned all your reserves. It is easier if you do the fast on the same days to get in the habit but you don't need to. There ya just saved yourself some money.

I love Kindle Books Because it allows People to Self publish short books with out the fluff or repetition. But he said that he would go into detail on the bullet points about the health benefits of Intermittent Fasting and he never does. Also he mentions Branch Chain Amino Acids but doesn't make it clear if you should take it during the fasting time or your eating window. I am reading some other books on the subject of IF that are cheaper or free to see if they go into more detail.

At a cost of only \$2.99 and a length of about thirty pages I was a little skeptical that this book would have the information that I needed to start intermittent fasting (IF) with the confidence that I wanted and it turns out I was right to be skeptical. While the author does give good general guidelines and time prescriptions to do intermittent fasting effectively I thought a lot of his statements were overblown and important information was neglected or outright ignored. One thing that I thought was

critically important that the author doesn't even mention was the importance of calorie counting to meet your weight loss / muscle building goals not to mention any formula on how to calculate your macronutrients. If you are looking to lose weight or gain muscle and you aren't hitting your correct calorie count it doesn't matter if you're doing IF or not, you will not meet your goals. IF is just a method that has a lot of health benefits and makes it easier to stay in calorie compliance. That's all. In short this is a highly (HIGHLY!) simplified book and you would be better off going to certain websites for free. Leangains.com is one and is really where the 16/8 and the 18/6 method originated from. Another good one is kinobody.com or nogym.net. I wish I would have just looked through the archives on these websites before buying this book because those websites had all the information I was looking for and then some. I hope this review will be helpful to others out there who were in my shoes.

Peter Paulson, im sorry. No 18 page book written in huge font can cover ANY topic in a serious, deep and researched manner. You give no scientific proof, no serious research finding, no quoting of any proven study out there (and there are many), on the benefits of IF. You did not do your homework in proving your case. It so happens that i do IF and believe it is all of those things you say it is, but i had convinced myself after much research. Your pamphlet of a book gave me nothing new. I suggest that you add at least, lets say, 100 extra pages to your work, explain how fasting is different for women, for example, or how does eating fat does not affect your fasting, or, how a bullet proof coffee could be the best thing before exercising during a fasting period. So, you see, your work needs a serious upgrading. To bad i wont be reading it.

As a personal trainer I know there's a lot of mis - information out there about IF and this guide helps the beginner understand the benefits and basic idea behind IF. Would definitely recommend for a beginner interested in IF.

This is my first introduction to Intermittent Fasting ... and I picked a good place to start. In this book author Peter Paulson gives a thorough explanation of the "what's", "how's", and "why's" of this new approach to eating (basically cycling periods in which you eat with periods that you don't eat). There appear to be a lot of benefits (fat loss, lean muscle increase, more energy, etc.). This book is a great place to start to get all your questions answered and to make a decision about whether this is a program that's right for you.

Of the mini-books on IF here on , this is one of the better ones. It has great advice, is put into a relatively small book and covers quite a bit of info. I've read the larger books on IF type of eating (Warrior Diet, Eat Stop Eat, etc.) and this one covers a lot of what you'll find in those books. The tips on boosting GH and Testosterone are good. You don't have to follow his fitness routine; a sound routine of strength and conditioning COMBINED with IF will get you to where you want to be if you are disciplined enough to stick to a plan.

If you want to be a beast alpha male. This book is a great book to help you look the part. It has great tips on fasting, losing weight, and looking the way you want to look. It has easy to follow content and great strategies. I recommend buying this book and giving it a try.

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Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Intermittent Fasting: Burn Fat Extra Fast, Gain Muscle and Live Longer The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) Intermittent Fasting: 6 effective methods to lose weight, build muscle, increase your metabolism, get ketogenic, and get healthy The FastDiet - Revised & Updated: Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting

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