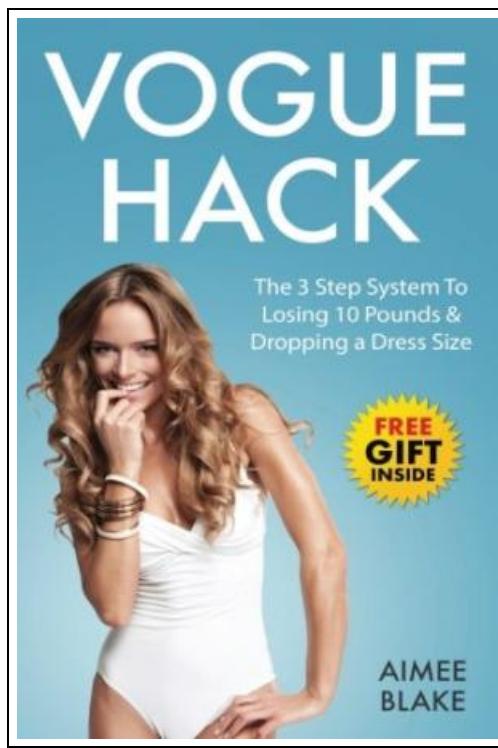


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The 3 Step Intermittent Fasting For Women System To Lose Up To 10 Pounds Drop a Dress Size 4 Free Gift Resources Inside! In October 2013, I lost over 25 pounds in less than 2.5 months without restrictive diets, cardio or diet pills and STILL ate the foods I love. Till this day, I have kept the weight off and attribute intermittent fasting as the key to my success in losing weight (plus a few secret tips I'm about to share with you). Intermittent fasting has been a growing trend among bio-hackers to lose weight, improve productivity and increase longevity. However there hasn't been a solid guide to adapt this weight loss method effectively for women. Within the VOGUE HACK, you'll learn my 3 step system to approaching intermittent fasting for busy women who want a simplified approach to losing weight fast. Plus you'll get specific action tasks at the end of each chapter to keep you accountable and on track to your weight loss goals. You will go beyond intermittent fasting and will learn bonus secret fat loss hacks to lose up to 10 pounds in 10 days and drop a dress size as a woman. If you're after a healthy weight loss plan for woman or need an effective diet plan that WORKS - this guide is for you. Get the REAL answers from a woman who has actually tried it and avoid the dangers of intermittent fasting. The good news is that I have discarded the things that DON'T work in weight loss for women and saved only the best bits that do work for you. This book is going to give you...



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