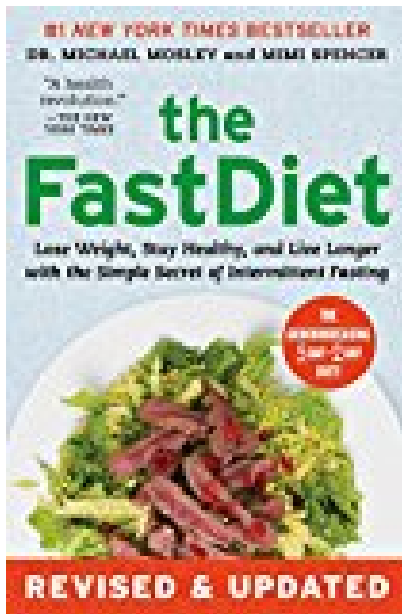


The FastDiet - Revised & Updated Lose Weight Stay Healthy and Live Longer with the Simple Secret of Intermittent Fasting



BOOK DETAILS

- Author : Dr Michael Mosley
- Pages : 256 Pages
- Publisher : Atria Books
- Language : English
- ISBN : 150110201X

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BOOK SYNOPSIS

"This new diet allows users to eat whatever they like five days a week and then fast (consuming 500-600 calories/day) for two nonconsecutive days-- and lose weight quickly and easily"--

THE FASTDIET - REVISED & UPDATED LOSE WEIGHT STAY HEALTHY AND LIVE LONGER WITH THE SIMPLE SECRET OF INTERMITTENT FASTING -

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