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# INTERMITTENT FASTING: LIVE LONGER, LOSE WEIGHT, AND FEEL GREAT (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Intermittent Fasting: Live Longer, Lose Weight, and Feel Great Are you tired of trying a different diet every month? Have you tried eating small meals throughout the day, or maybe 3 big meals per day? Have you cut carbs, cut fat, cut sugar, and more? Are you still not meeting your healthy living and weight-loss goals? With Intermittent Fasting,...

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- Authored by Katy White
- Released at 2015



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