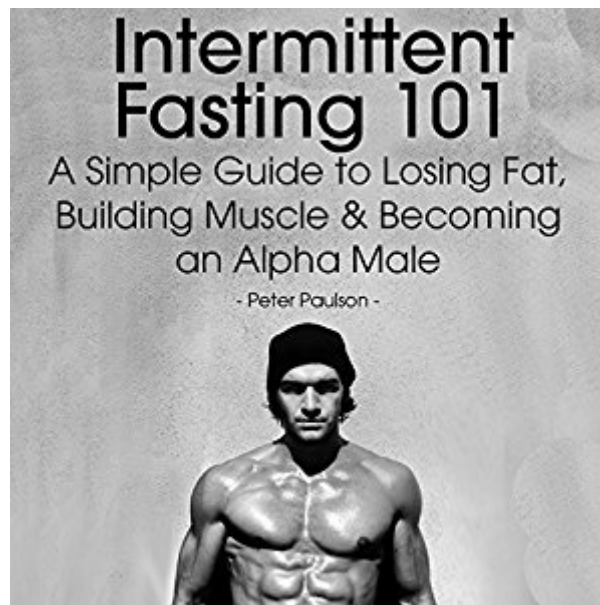




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# **Intermittent Fasting 101: A Simple Guide To Losing Fat, Building Muscle And Becoming An Alpha Male**



## Synopsis

Want a simple and sustainable way to lose fat, build muscle, increase your energy, and feel like a new man? And do you want an approach that delivers the results at an accelerated rate and doesn't involve dieting? Well, let me introduce intermittent fasting.... The most sustainable and easy-to-adopt fitness approach that will get you in the best shape of your life. Loved by celebrities such as Hugh Jackman, Beyonce, Benedict Cumberbatch, and Ben Affleck - intermittent fasting is the key to getting lean quickly and easily. But what is intermittent fasting? You will be happy to know it's not a diet - it's a new approach to eating. Intermittent fasting is simply the process of cycling between periods in which you eat with periods that you don't eat. These short fasting windows cause your body to produce a multitude of hormonal responses. These responses produce incredible benefits and results. But what are the benefits? Well, here are just a few incredible examples.... Shred fat (without dieting or limiting the foods you can eat) Build lean muscle rapidly Increase your energy levels Heighten your testosterone and growth hormone production Improve your cognitive functioning Strategically fasting is one of the most powerful ways to get in shape and stay healthy, as it is based on scientific evidence, not "bro science". If you've ever tried to get in shape before and failed - don't despair. The problem with most diets is they put too many limitations on what you can eat. Intermittent fasting is the opposite of this.... You don't need to make any major changes to your diet to reap the rewards. So what are you waiting for?

## Book Information

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Audible Audiobooks > Nonfiction > Sports & Recreation

## Customer Reviews

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.

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.

This book starts out with an explanation of Intermittent Fasting and explains it as a new way of eating versus a diet. A very interesting section of the book talks about Fitness and Nutrition Myths. I learned several things about eating myths that I was not aware of. This is an easy to follow book and changing the way you eat could be an easy transition if you are determined to lose fat and build muscle.

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.

I'm only giving it 3 stars because I want to work with it more than the two weeks that i've been doing it. I think it's a unique approach, but, if you have a lot of weight to lose, then , this may not be for everyone. I have looked at videos and the results of people doing this approach and they have all been about people who have 20 lbs or less to lose. These people have done great and I applaud them. For people who have 100 plus lbs to lose, this may be a bit extreme way to go about it. I have lost 5 lbs in two weeks but I have felt light headed almost the whole time and weak. I have eaten healthy, the way it says to eat, but I expected more weight loss than that. Like I said, I am going to stay on it for at least a month and see how I feel and I may adjust my rating then. Good Luck to everyone fighting the weightloss hell.

A good book does not have to be a lengthy book. Solid information, told concisely, and presented in a complete and orderly fashion works every time. That's what I found in this book. The material is solid and presented well. You don't need thousands of words and hundreds of pages to understand and learn this concept. I've known about the powers of fasting for a long time and it would seem that it is finally entering the mainstream thought. Fasting is a powerful tool to add to your healthy lifestyle. The intermittent fasting options suggested here are a good way for many to implement this program into a modern lifestyle. Good book.

I bought this book a while ago, but just started I.F. 14 days ago after reading it again. I just stepped off the scale showing a loss of 11lbs in two weeks! I didn't know I could lose that quickly! My energy is way up and I can't wait to see how I.f. continues to reshape my body!

Last evening was the first time I ever read or heard anything about intermittent fasting. Today I bought a couple of books on the subject, and started my reading with Peter's book. Nice. Concise. To the point. An excellent read . . . And I will get started soon on my own IF lifestyle. I also found it interesting that he debunked some of the healthy lifestyle beliefs I thought were true. I want to be open, so I will give it a serious try. His advice and recommendations were also balanced and practical. I would recommend his book definitely to any beginner, like me!

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