

Sleep Fast: An Intermittent Fasters Dream Come True (Paperback)



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(Miss Pat O'Keefe Sr.)

SLEEP FAST: AN INTERMITTENT FASTERS DREAM COME TRUE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do not fall for the hype! People are starting to get a little bit crazy with this Intermittent fasting fad. Intermittent fasting is not a cure for anything. So many people are desperately seeking a quick fix for something that took them years to destroy. Which is their own bodies with the wrong types of foods. We are are what we eat not when we eat. Let s be honest here, most people who diet have no clue what they are doing. The reasons behind their attempts at any type of specific diet are to be admired and applauded. But all to often they once again revert back to their instincts (which are wrong) and turn what may be a decent plan into yet another starvation diet. Uninformed people are using Intermittent fasting as a way to justify to themselves that it is perfectly ok to starve one s self. This is not healthy, and it is not sustainable. Optimum health should trump everything else. We live in a world were we are fixated on aesthetics. And I get it, I am too. We are human and we all want to look good. But like a great man once said: Beauty is in the eye of the beer holder Or something similar to that. My mom used to tell me that everyone is someone s ugly. Which is so true. That was her way of saying don t get cocky or ever act like you are God s gift because your not! My intention s of this book are to neither praise nor bash the Intermittent fasting pattern of eating. My intention s...



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