

28Day FAST Start DaybyDay The Ultimate Guide to Starting or Restarting Your Intermittent Fasting Lifestyle So It Sticks by Gin Stephens

28-Day FAST Start Day-by-Day: The Ultimate Guide to Starting (or Restarting) Your Intermittent Fasting Lifestyle So It Sticks

By: Gin Stephens

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Gin Stephens is unstoppable! And she won't even pause until she's introduced every potential reader to Intermittent Fasting. In her 28-Day FAST Start Day-By-Day, she dispenses the "hows" and "whys" of IF day by day for a reader's first month, giving IFers what they need to know, when they need to know it. Supported throughout with inspirational case histories that add up to a troubleshooting primer, as well as tips, truths and tweaks, 28-Day FAST Start Day-By-Day also has an important write-in aspect. Most IFers "fail" because they don't think the practice is working, or think it's only working because they are naturally reducing calories by time-boxing their daily eating. With simple, direct check-ins at the end of each of the first twenty-eight days, readers will stay on track by noticing how their bodies are reacting to IF, acknowledging "non scale victories" and setting a goal for the next day: it's Gin's version of habit formation, and it works! 28-Day FAST Start Day-By-Day is a complete program. Almost everything except the time framework will feel new even to readers of FAST. FEAST. REPEAT., from picking an entry speed ("Easy Does It", "Steady Build" or "Rip Off The Band-Aid") on Day One, to discovering your "Appestat" (Appetite Thermostat) in the middle of the month, to "Master the Delay" on Day Twenty-Eight.

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