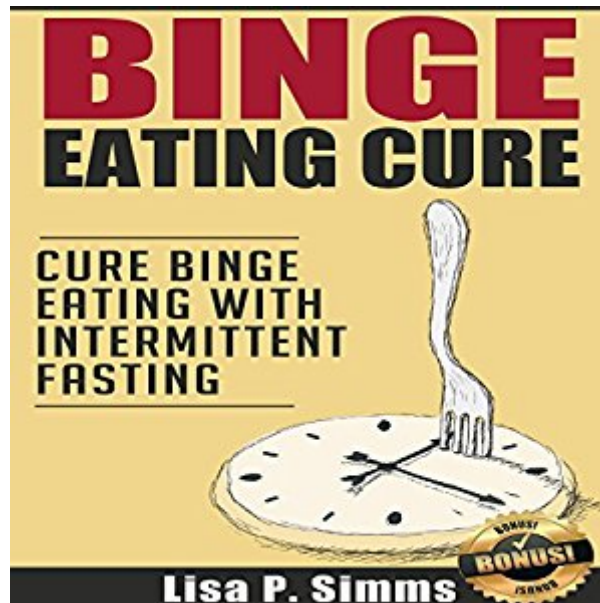




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Binge Eating Cure: Cure Binge Eating With Intermittent Fasting



Synopsis

Have you finally grown tired of the feeling that you would be happier in life if you could just control your eating habits? Do you ever wonder if there is any other way to come closer to your health and fitness goals? Have you been dreaming of becoming the type of person who has total control over food, rather than food having total control over you? If you answered "yes" to at least one of the above questions, then this book is just what you need to get informed, grow confident, and take the steps necessary to get exactly what you want out of your diet regimen! Binge Eating Cure was written with individuals like you in mind - individuals who are ready to take massive action to achieve massive results! So what are you waiting for? Take action, not now, but right now, and download your copy, today!

Book Information

Audible Audio Edition

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Best Sellers Rank: #40 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Antiques & Collectibles #5687 in Books > Crafts, Hobbies & Home > Antiques & Collectibles

Customer Reviews

I never thought of curing binge eating with intermittent fasting but it seems to make sense. I like how this book lays everything out that I need to know about intermittent fasting like the do's and don'ts list, precautions, some recipes, and helpful tips. I didn't realize that the human growth hormone is more active when fasting so that's kind of good to know to speed up metabolism. I feel much better when I fast for at least 14 hours, like I'll stop eating around 6:00pm at night and then don't have breakfast until after 8:00am. I feel lighter waking up and my exercise is easier.

This book focuses a great deal on intermittent fasting. The key learning after reading this book is in the moderation and routine of your eating habits. This book gives you that; pack with information and guides you in using intermittent fasting to overcome binge eating.

A good book that covers all the basics of intermittent fasting. It was nice to see that the author has even covered one of the fasting methods which has helped me lose quite some weight over the past several months.

This book is very straightforward and objective. It included dos and don'ts and the benefit of intermittent fasting. Very informative and this book provided the info I need to know to start. Five stars

If book but not sure how this solves binge eating

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