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The 8 Hour Diet For Busy People: How To Lose Weight Effortlessly, Save Time And

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The 8 Hour Diet For Busy People: How To Lose Weight Effortlessly, Save Time And George Larsen "The 8 Hour Diet For Busy People" lays out an actionable plan teaching you how to achieve the physique you want, have an easier everyday life and learn how to eat only when you need to. Fat loss does not need to be as difficult as many perceive it to be. Here is a preview of what you'll learn in "The 8 Hour Diet For Busy People": How eating less frequently conserves decision making keeping more likely to make healthy choices How you do not need to be tied down by having to eat every three hours How controlled fasting actually amps up fat burning, contrary to popular belief You don't need to spend hours in the gym every week to look good And much, much more!

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