



The FastLife: Lose Weight, Stay Healthy, and Live Longer with the Simple Secrets of Intermittent Fasting and High-Intensity Training

Michael Mosley, Mimi Spencer

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Finally in one comprehensive volume—Dr. Michael Mosley's #1 *New York Times* bestseller *The FastDiet* and his results-driven high-intensity training program *FastExercise* combine for the ultimate one-stop health and wellness guide that helps you reinvent your body the Fast way!

Eat better and exercise smarter than you ever have before.

Dr. Michael Mosley's #1 *New York Times* bestseller *The FastDiet* gave the world a healthy new way to lose weight through intermittent fasting, limiting calorie intake for only two days of the week and eating normally for the rest. In *FastExercise*, Mosley dispensed with boring, time-consuming fitness regimens to demonstrate that in less than ten minutes a day, three times a week, you could lose weight, lower blood glucose levels, reduce your risk for diabetes, and maximize your overall health.

Now, in *The FastLife*, Dr. Mosley combines the power of intermittent fasting and high-intensity training in one must-have volume that offers a complete program to radically bolster your health while not depriving you of the things that you love. In this book, you will find:

- More than forty quick, easy fast day recipes
- Revealing new insights into the psychology of dieting
- The latest research on the science behind intermittent fasting and high-intensity training
- A variety of simple but effective exercises that you can adopt into your weekly routine
- Calorie charts and other data to help you plan your daily regimen
- Dozens of inspiring testimonials

The FastLife is a practical, enjoyable way to get maximal benefits in minimal time, a sustainable routine that will truly transform your mind, body, and spirit.

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The knowledge that you get from The FastLife: Lose Weight, Stay Healthy, and Live Longer with the Simple Secrets of Intermittent Fasting and High-Intensity Training will be the more deep you searching the information that hide inside the words the more you get thinking about reading it. It does not mean that this book is hard to know but The FastLife: Lose Weight, Stay Healthy, and Live Longer with the Simple Secrets of Intermittent Fasting and High-Intensity Training giving you excitement feeling of reading. The writer conveys their point in particular way that can be understood by simply anyone who read that because the author of this reserve is well-known enough. This book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We advise you for having this The FastLife: Lose Weight, Stay Healthy, and Live Longer with the Simple Secrets of Intermittent Fasting and High-Intensity Training instantly.

Moses Bean:

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Richard Broderick:

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Anna Humphrey:

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