



**ULTIMATE WEIGHT LOSS BOOKS
PACKAGE: The Lean Fast Diet: The Ultimate
Intermittent Fasting Weight Loss Diet Plan +
Cardio Exposed: Why Cardio For Weight ... Steps
A Day (Weight Loss Books Bundles)**

Stephen Reed

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This bundle contains THREE of my most popular books, with a 3 for 2 discount to give you the best information, at a fabulous price. Hope you enjoy them. Here's what is included.

The Lean Fast Diet: Get Lean For Life With The Ultimate Intermittent Fasting Weight Loss Diet Plan

Losing weight can be overwhelming. The majority of diet books for women and men ensure you have no idea which way to turn. Complicated exercise plans and chronic cardio, food combining, high carb, low carb, Atkins, Slimmers World? Which is best? This fasting diet guide untangles the web of terminology, and strategies that the fitness and diet industry keep to themselves.

This book will teach you the following and more:

- **Why Intermittent Fasting Works**
- Who Is It Suitable For?
- **The Physiological, Psychological, & Lifestyle Benefits of Daily Fasting**
- Calories, Metabolism, Macronutrients In A Nutshell
- **What To Do About Stubborn Fat**
- Setting Personalised Food Intake Targets
- **How To Assess Progress And Make Changes As Required**
- Dealing With Setbacks (they are going to happen whatever diet you are on)
- **Why The Scales Lie And What To Do About It**

Cardio Exposed: Why Cardio For Weight Loss SUCKS ... And What YOU Should Do Instead

This book will teach you the following and more:

- **Why Cardio As A Central Strategy For Weight Loss Is So Inefficient**
- Why The Math Just Does Not Add up
- **How Chronic Cardio Exercise Can Be Detrimental To Your Health**

- Calories, Metabolism, And Energy Expenditure 101
- **What To Do Instead**

Towards 10000 Steps A Day: Learn How To Lose Weight Walking With The 10000 Steps A Day Walking Program

The 10,000 Steps Walking Plan breaks through the weight loss and fitness industry BS, and puts exercise for weight loss into perspective.

This book will teach you the following:

- **Why choose walking** - good reasons why walking for fitness is a winner
- **Benefits of walking** - physical, mental, lifestyle benefits
- **Where to walk** - a discussion on outdoor AND indoor walking, including treadmill walking, treadmill desks etc
- **Equipment requirements** - from no equipment to clothing, hydration, pedometers and more
- **Walking technique** - how to walk efficiently and reduce injury risk
- **Walking for weight loss** - the why, the how, and the how much. Your weight loss worries answered
- **Stepping it up a gear** - how to increase the intensity of your walks for great fat loss and improved fitness
- **Developing a walking habit** - we discuss how to improve your chances of success and build walking motivation
- **Setting goals** - how to maximize your results with some simple, effective, goal setting
- **Novice and intermediate 12 week walking plan** - and *how to reach 10,000 steps*
- **Onwards and upwards** - walking with others. Joining a walking club, starting your own club.

Ready To Start The Journey To A Leaner, Fitter, Healthier Version Of YOU?

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From reader reviews:

Barbara Cook:

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Holly Taylor:

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Carrie Hunter:

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