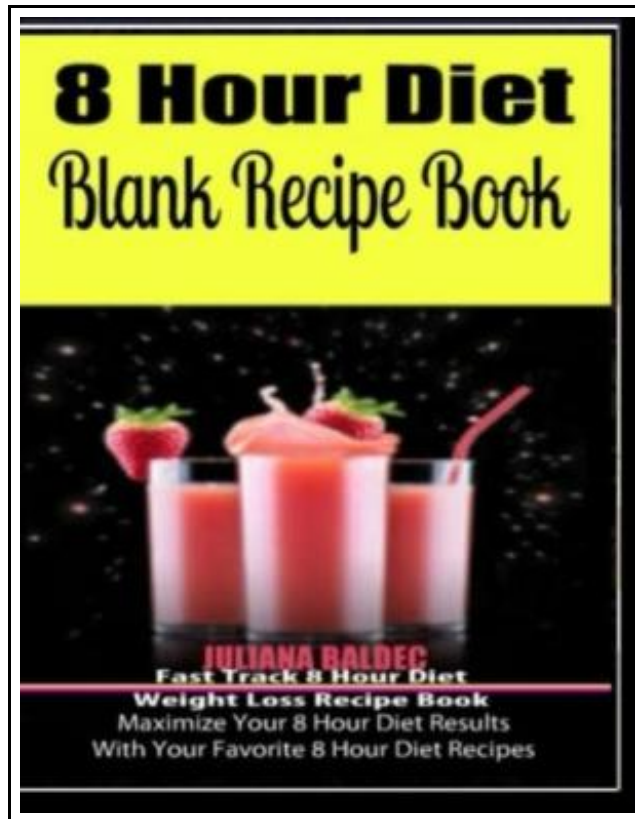


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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.According to the 8 Hour Diet it is possible to reset a dieter s metabolism by introducing fasting or fat-burning periods. During this time, the body will lose weight. Outside of these periods, for eight hours at each stretch (such as between 9am to 5pm or 11am to 7pm) dieters are free to consume as many calories and whatever type of food they desire (dieters will still lose those nasty pounds!) During this fat burning period a dieters metabolism is revved up enough to burn fat and calories at a high rate. Having a specific 8 Hour Diet blank cookbook journal to begin your diet with, will allow you to personalize your 8 hour diet with your own favorite 8 hour diet recipes that you really enjoy. This blank diet cookbook allows you to note down all your favorite 8 hour diet recipes so that your dieting process becomes even more tasty fun. Going through a personalized journaling and recipe note taking process like this is going to maximize your results. By using a blank recipe journal like this you will not only be able to achieve your diet plan goals that you are setting for yourself, but you will get results way beyond what you think is possible. This blank cookbook is a great usability tool that will work for you if you would like to achieve maximum results during your diet and way beyond. This usability tool will work for you and help you maximize your results and achieve your results. It is a known fact that dieters who are going through a process of personalizing their dieting process via a blank recipe journal are more...

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