



The IF Diet

Robert Skinner

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*** NEW 2016 edition out now***

The IF Diet is the **only** book to guide you through 3 different intermittent fasting techniques, all of which can help you lose weight:

- **quickly**
- **safely**
- **permanently**
- **and without feeling stressed**

Written in a friendly, funny, and easy-to-read style, **it contains everything you need to know about succeeding.**

There are **super clear explanations of the science** that will make you a slimmer and healthier human being, with over 90 scientific references should you want to know even more.

Additional areas covered include:

- cellulite and skin
- protein
- going low carb
- detoxing
- skipping breakfast
- cardio
- high intensity interval training
- psychology and mood
- strength training
- sleep
- hydration
- brain health
- cancer
- eating junk food
- addiction
- insulin
- fructose
- diabetes
- energy drinks
- leptin and ghrelin (your hunger hormones)

Specifically designed to make you an expert **fast**, *The IF Diet* will inspire you to take action and get the results you want.

No nonsense, no hype, just highly achievable jaw-dropping results.

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