

The 8-Hour Diet : Summary (Quick Read Book Notes 1)

By Matt Hamilton, Jill Sinclair

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The 8-Hour Diet : Summary (Quick Read Book Notes 1) By Matt Hamilton, Jill Sinclair
The 8-Hour Diet : Summary is a quick 30 minute read of all the important points in the 250 pages of David Zinczenko's diet plan book.

If you are a busy person, this book can save you money and time.

We have not only summarized the book but we have also done The 8 Hour Diet. We have both lost weight and are healthier and more energetic. It is the easiest diet plan we have done so far.

This book summarizes The 8-Hour Diet chapter by chapter. In 30 minutes you will understand how the diet plan works, the scientific evidence behind it, why it may be the plan for you and many additional techniques that will help you take control of your health.

If you are not sure you want to spend the money or wade through the entire book, buy this book. If you like The 8-Hour Diet as much as we do, buy The 8-Hour Diet by David Zinczenco or any of his other fine books.

Book is approximately 9500 words, 31pages @ 300 word/pages

Table of Contents
What’s in it for You
Cheat Sheet
The Body You Want
Ground Breaking Science
Bonus: How to Stick With Any Diet
Change Your Body
Long Life, Strong Mind
Answers to Questions
8-Powerfoods
The Cheater’s Guide
The Diet Cheat Plan
8-Minute Recipes
100 Crave Cutting Ideas
8-Minute Workouts
Resources
One Last Thing . . .

Sample Chapter
This book is a chapter by chapter summary of the material in The 8-Hour Diet by David Zinczenko. You may be asking - Why should I read a summary of this book instead of the actual book? We have done our best to condense the 250 pages of The 8-Hour Diet to a concise quick read on a Kindle or e-reader device.

Why should I learn this?
You probably want to lose some weight, get healthier and feel better about yourself. Reading a book about it will empower you to do just that. There are countless books on diet and health. How can you know if The 8-Hour Diet is for you? A book summary will save you time

I'll bet your real goal is not to read a book about a diet, but to get in shape as quickly as possible. You want to start feeling and looking good right away. If you are a smart action taker, using the main points and the action steps will provide you a quicker sense of fulfillment and accomplishment.

What do I have to do?
So what is The 8-hour Diet all about? Basically it's simple. Eat whatever you want and as much as you want, but only eat during an 8-hour period each day. For best results, eating the 8-Powerfoods listed will maximize your weight loss.

The chapters discuss the scientific principles behind The 8-hour Diet and why it is so effective. Following the step-by-step process will get you the results you want.

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