



Summary of the Complete Guide to Fasting by Dr. Jason Fung Conversation Starters (Paperback)

By Bookhabits

Blurb, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Summary of The Complete Guide to Fasting by Dr. Jason Fung Conversation Starters In The Complete Guide to Fasting, readers receive a thorough guide to fasting. From a history of fasting to practical skills and tools needed during a fast, Dr. Jason Fung and co-author Jimmy Moore have provided everything you might need to know to start fasting. The book focuses on an argument for the dieting method, providing evidence and information for the casual reader. Dr. Jason Fung and Jimmy Moore s The Complete Guide to Fasting is a new addition to the enormous literary canon of diet books. It goes a step further, dismissing fad diets in favor of proposing the ancient method of simple fasting as a means to diet. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions...

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