



Half the Man That I Use to Be, and a Whole Lot More Through Fasting

By Kevin L McCants

America Star Books, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Half the Man - inspires and motivates everyday readers to attain weight-loss success through gaining an insightful perspective about FASTING. FASTING is a spiritual practice of abstaining from food for a designated period of time. Seldom has the act of Not eating been presented with such clarity of explanation, eagerness to try, and fun-filled intrigue during the experience. The book literally coaches the reader through the FASTING journey through the sharing of heart-warming, humorous, and breath-taking personal stories and experiences. You will gasp at the conversations exchanged by Kevin and his Parakletos (pronounced para-clay-toss)--a greek word for comforter who walks along with you. Whether you are a novice or expert at the practice of FASTING, you will engage a spiritual awakening and motivation to experience a physical accomplishment as never thought attainable.

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Reviews

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Prof. Salvador Lynch

This publication might be well worth a read, and much better than other. It really is simplified but excitement inside the 50 % of the book. You will not feel monotony at whenever you want of the time (that's what catalogues are for concerning when you check with me).

-- Imogene Bergstrom