



**How to Lose 40 Pounds (Or More) in 30 Days With
Water Fasting (How To Lose Weight Fast, Keep it
Off & Renew The Mind, Body & Spirit Through
Fasting, Smart Eating & Practical Spirituality
Book 7)**

Robert Dave Johnston

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Do you ever ask yourself: "Will I ever lose this weight? Will I reach my goal?"

How many times have you said to yourself: "This year I'm going to lose weight. This is absolutely it!"

Indeed, these are sobering questions and statements. As a 300+ pound obese man caught in the grips of binge eating disorder, so far gone that everyone thought I was going to die, so down that even treatment centers didn't want me, so lost that I locked myself in my apartment with boxes of pizza, planning to eat myself to death, I can say without hesitation that I **KNOW** how painful it is to see ourselves overweight year after year, getting fatter as well as older, and with no indication that anything could change.

Let me ask you a simple question: Given the chance, would you dive in and do whatever it took to achieve your weight loss goals?

Wouldn't you like to find a system where you could lose one-to-three pounds daily and never gain the weight back?

Well, I'm here to tell you that there **IS** hope! I escaped from the hellish prison of obesity and binge eating, and now my work is to carry the message to others that losing weight and keeping it off **CAN** be done, and that nothing will get you there quicker than water fasting, **AND** the implementation of a structured eating plan.

Welcome to **How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting**, a complete manual for fast and permanent weight loss. We will talk about water fasting, what it is, how it works and how it can help you lose weight faster than any other method known to man. I'll promptly give you a list of banned foods along with a shopping list and menu options to launch a *14-day pre-fasting diet*, a simple but powerful calorie restriction regimen designed to kick start weight loss and detoxification - before the actual water fast begins.

Hunger and fasting detox symptoms are discussed in detail and we'll look at a variety of tricks and mental techniques that can help you traverse the rough spots without throwing in the towel. We'll also talk about and look at various scientific studies which continue to provide proof that fasting and calorie restriction are beneficial for human health and quality of life.

I'll talk about the spiritual side of fasting and outline a simple yet powerful way to tap into this mystery. Having completed the *14-day Pre-Fasting Preparation*, you'll pick a date and prepare to launch a life-changing 30-day water fast. However, intermittent fasting options are given for those who may not be ready

to go the distance yet. To accompany you through the water fast, I've put together 11 motivational messages that will encourage you as well as remind you of the material we covered in previous chapters.

Furthermore, I'll explain in detail how to appropriately break a long-term fast. A 10-day '*breaking a fast*' program is outlined which includes day-to-day instructions on what to drink and eat, what to avoid and how juicing fruits and vegetables can give the digestive system a tremendous boost after a prolonged fast. After the 10 days of re-feeding are completed, we'll move into the final phase which encompasses the introduction of a simple but effective long-term diet that can help you lose more fat as well as stabilize your weight for good.

Furthermore, as part of this special edition book, you receive access to **The Fasting Masterclass**, a six-module, multimedia webinar in which the author talks about fasting from A to Z and provides plenty of motivation, encouragement and inspiration. You can download the material in video or audio format from inside the book. With all of this detailed content at your fingertips, and with the assistance of the mental tricks and techniques presented in this book, you are poised to break through barriers and achieve your weight loss goals once and for all.

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From reader reviews:

Ann Fout:

In this 21st millennium, people become competitive in each and every way. By being competitive at this point, people have to do something to make them survive, being in the middle of the actual crowded place and notice simply by surrounding. One thing that at times many people have underestimated the idea for a while is reading. Yeah, by reading a book your ability to survive improves then having a chance to stay than other is high. For you personally who want to start reading some sort of book, we give you this specific How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting (How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality Book 7) book as a basic and daily reading reserve. Why, because this book is more than just a book.

Paul Mackey:

This How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting (How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality Book 7) are generally reliable for you who want to be described as a successful person, why. The reason of this How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting (How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality Book 7) can be one of the great books you must have is usually giving you more than just simple studying food but feed a person with information that probably will shock your earlier knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions both in e-book and printed types. Beside that this How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting (How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality Book 7) giving you an enormous amount of experience for instance rich vocabulary, giving you a trial run of critical thinking that we know it useful in your day action. So, let's have it and luxuriate in reading.

Alex Tipton:

Reading can be called thoughts hangout, why? Because when you find yourself reading a book particularly a book entitled How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting (How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality Book 7) your brain will drift away through every dimension, wandering in each and every aspect that maybe unidentified for but surely will become your mind friends. Imaging each word written in an e-book then become one contact form conclusion and explanation which maybe you never get prior to. The How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting (How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality Book 7) giving you a different experience more than blown away your head but also giving you useful info for your better life in this era. So now let us show you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary investing spare time activity?

Julia Watkins:

In this era globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Typically the book that recommended to your account is How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting (How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality Book 7) this e-book consist a lot of the information on the condition of this world now. This specific book was represented how does the world has grown up. The dialect styles that writer value to explain it is easy to understand. The actual writer made some analysis when he makes this book. Here is why this book appropriate all of you.

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