



# The Fast Beach Diet: The Super-Fast Plan to Lose Weight and Get In Shape in Just Six Weeks

*Mimi Spencer*

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With a foreword by Dr. Michael Mosley, this is *FastDiet* 2.0, a complete diet and exercise plan designed to help you get your ideal beach body in just six weeks!

In the #1 *New York Times* bestseller *The FastDiet*, Michael Mosley shared his groundbreaking 5:2 plan—eating normally five days a week, fasting for two, and becoming slimmer and healthier as a result. Now, with *The FastBeach Diet*, a modified, high-intensity version of this plan, Mimi Spencer will help you get beach-fit in no time!

This six-week weight loss plan gives you powerful, proven tricks and tips, including:

- Plateau-busting techniques to make the 5:2 plan work for you
- Mindfulness methods to help you be a conscious eater
- Habit-changing techniques for non-Fast days
- A high-intensity training method that can be done in less than ten minutes a day
- Dozens of all-new, calorie-counted summer recipes

With a full-color, week-by-week planner to keep you on track, this speedy diet plan won't let you down. Watch the pounds fly off as this no-fuss exercise and diet program gets you ready to hit the beach—the *Fast* way.

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Here thing why this particular The Fast Beach Diet: The Super-Fast Plan to Lose Weight and Get In Shape in Just Six Weeks are different and dependable to be yours. First of all looking at a book is good but it depends in the content of computer which is the content is as yummy as food or not. The Fast Beach Diet: The Super-Fast Plan to Lose Weight and Get In Shape in Just Six Weeks giving you information deeper including different ways, you can find any book out there but there is no e-book that similar with The Fast Beach Diet: The Super-Fast Plan to Lose Weight and Get In Shape in Just Six Weeks. It gives you thrill examining journey, its open up your current eyes about the thing that happened in the world which is maybe can be happened around you. You can easily bring everywhere like in recreation area, café, or even in your technique home by train. When you are having difficulties in bringing the printed book maybe the form of The Fast Beach Diet: The Super-Fast Plan to Lose Weight and Get In Shape in Just Six Weeks in e-book can be your option.

#### **Lisa Thomason:**

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#### **Gale Coachman:**

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