



# **The FastLife: Lose Weight, Stay Healthy, and Live Longer with the Simple Secrets of Intermittent Fasting and High-Intensity Training**

*Michael Mosley, Mimi Spencer*

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Finally in one comprehensive volume—Dr. Michael Mosley's #1 *New York Times* bestseller *The FastDiet* and his results-driven high-intensity training program *FastExercise* combine for the ultimate one-stop health and wellness guide that helps you reinvent your body the Fast way!

Eat better and exercise smarter than you ever have before.

Dr. Michael Mosley's #1 *New York Times* bestseller *The FastDiet* gave the world a healthy new way to lose weight through intermittent fasting, limiting calorie intake for only two days of the week and eating normally for the rest. In *FastExercise*, Mosley dispensed with boring, time-consuming fitness regimens to demonstrate that in less than ten minutes a day, three times a week, you could lose weight, lower blood glucose levels, reduce your risk for diabetes, and maximize your overall health.

Now, in *The FastLife*, Dr. Mosley combines the power of intermittent fasting and high-intensity training in one must-have volume that offers a complete program to radically bolster your health while not depriving you of the things that you love. In this book, you will find:

- More than forty quick, easy fast day recipes
- Revealing new insights into the psychology of dieting
- The latest research on the science behind intermittent fasting and high-intensity training
- A variety of simple but effective exercises that you can adopt into your weekly routine
- Calorie charts and other data to help you plan your daily regimen
- Dozens of inspiring testimonials

*The FastLife* is a practical, enjoyable way to get maximal benefits in minimal time, a sustainable routine that will truly transform your mind, body, and spirit.

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