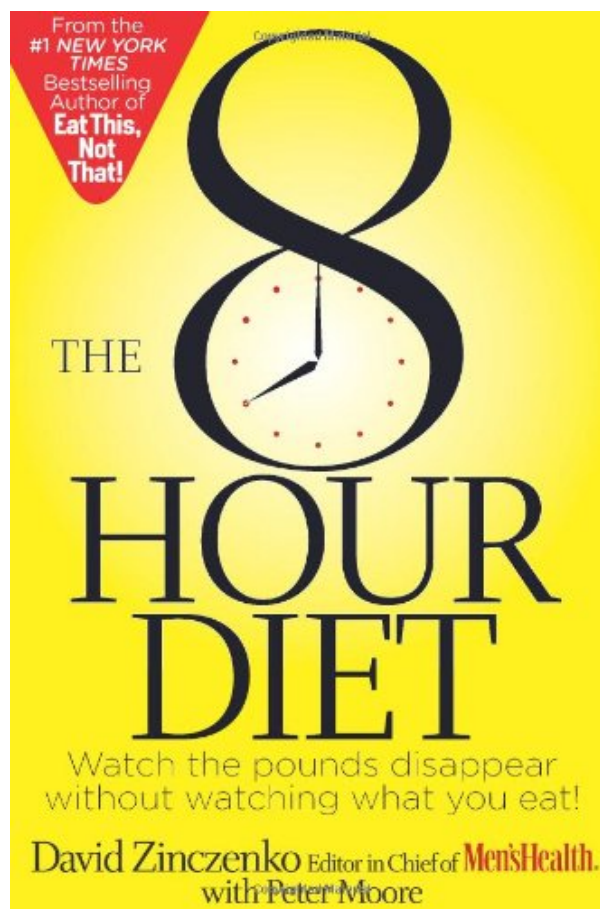
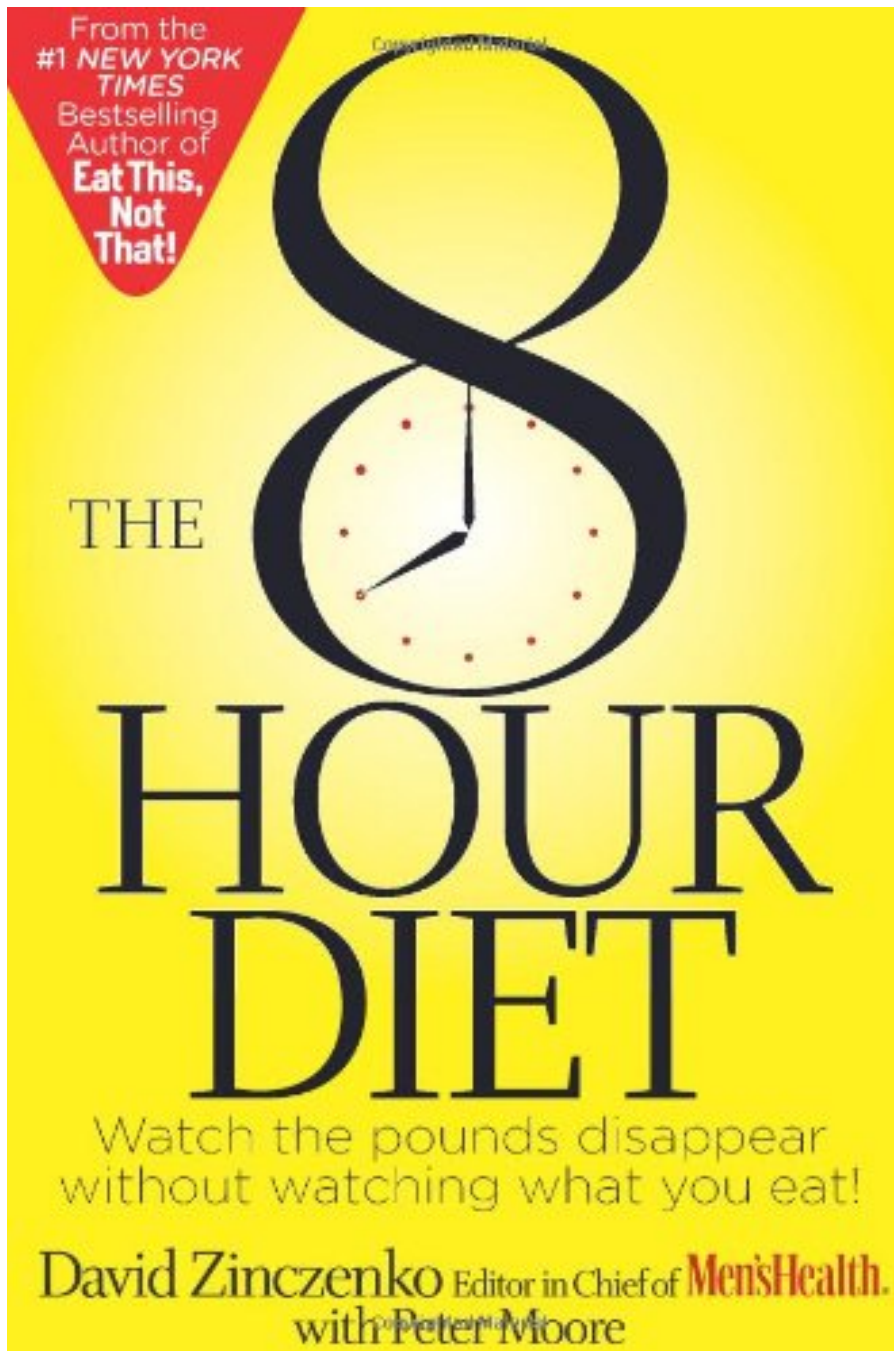


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## About the Author

DAVID ZINCZENKO is the New York Times bestselling author of Eat This, Not That!, Cook This, Not That!, and The New Abs Diet. He is the former editor in chief of Men's Health.

PETER MOORE is the coauthor of the New York Times bestseller The Lean Belly Prescription. He is a National Magazine Award winner and editor of Men's Health.

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# **THE 8-HOUR DIET: WATCH THE POUNDS DISAPPEAR WITHOUT WATCHING WHAT YOU EAT! BY DAVID ZINCZENKO, PETER MOORE PDF**

In *The 8-Hour Diet*, bestselling authors David Zinczenko and Peter Moore present a paradigm-shifting plan that allows readers to eat anything they want, as much as they want—and still strip away 20, 40, 60 pounds, or more.

After visits to world-renowned researchers at the Salk Institute, in La Jolla, California, and the National Institute on Aging, in Baltimore, and completing interviews with a dozen other clinical experts—plus poring over the copious amounts of new research in the fascinating field of intermittent fasting, Zinczenko and Moore came up with a plan that they themselves tried, and they engaged 2,000 people for a test panel. Based on their interviews, research, and test panel results, they determined that readers can lose remarkable amounts of weight eating the foods they like best—as long as they eat within a set 8-hour time period. Fasting is, of course, an ancient spiritual and health practice, but it's also a way to sidestep many of the ills of the modern world—including diabetes, heart disease, and cognitive impairment.

Zinczenko and Moore demonstrate how simply observing this timed-eating strategy, even just three days a week, will reset a dieter's metabolism so that he or she can enter fat-burning mode first thing in the morning—and stay there all day long. And by focusing on eight critical, nutrient-rich Powerfoods, readers build in a second layer of protection against Alzheimer's, heart disease, and even the common cold.

In the book, readers will find motivating strategies, delicious recipes, and an 8-minute workout routine to maximize calorie burn. *The 8-Hour Diet* promises to strip away unwanted pounds and give readers the focus and willpower they need to reach their goals for weight loss and life.

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## Features

- 8 Hour Diet

## About the Author

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531 of 588 people found the following review helpful.

Well, it's a great diet that has changed my life, but...

By Amazon Customer

First and foremost, intermittent fasting has changed my life for the better. I first learned about fasting through the website Leangains.com about 2 years ago, which led me to Brad Pilon's "Eat, Stop, Eat" program around the same period. Since then, I've lost at least 60lbs and have kept it off. I'm more active then ever thanks to intermittent fasting, calisthenics and Brazilian jiu-jitsu. If you're looking for a sustainable nutrition program that is painlessly easy and healthy, then intermittent fasting is exactly what you want.

Having said all that, "The 8 Hour Diet" was [allegedly] stolen from leangains.com, Martin Berkhan's website. He has been writing about the 16/8 fasting diet for years, which in turn has turned the bodybuilding world upside down. He has changed countless amounts of blog and forum members lives with his methods. It's a shame "The 8 Hour Diet" makes no mention of him or his website.

So, if you're interested in this book, check out Leangains.com for original (and FREE!) version of the diet.

My actual review of this book below.

The book is about abstaining from any calories for 16 hours then feeding for 8 hours every day. One thing I did not like was how the author routinely uses research from alternate day fasting (which requires fasting for 24-36 hours, every other day) in order to support the 16/8 diet. It's possible that 16 hours is not enough time for the body to receive the same benefits as going 24-36 hours every other day would.

Typical of Rodale Publishing, in my opinion, there are numerous grammatical and punctuation errors throughout the book. However, this does not take away from the reading experience; still a decent read (despite being [allegedly] stolen from Martin Berkhan).

In closing, if you're interested in learning more about intermittent fasting before buying this book, head over to the following websites for everything you would ever need to know. If after that time you still want this book, then go ahead and order it.

[...]

[...] (Eat, Stop, Eat)

[...] (free ebook)

238 of 262 people found the following review helpful.

Great Book

By Mandy

After seeing some of the strange negative reviews on here I had to add my 2 cents! This is a great program that works. If you commit you will lose weight and you will feel better. If you decide to go with this diet

approach please know the first couple days are kind of tough but once you get over that hurdle this approach is actually very liberating (no more worrying about points, carbs, fats, calories, magical food combinations...etc etc etc). I took the time to give this a good review because the negative reviews all seem to be sketchy advertisements for similar diet approaches (notice they all suspiciously point to the same website). Don't let the negative "reviews" frighten you. This is a solid program that will work. Of course this concept is nothing new but when you think about it pretty much every "new" diet is a reincarnation of a diet that is already in existence. This book presents the concept of intermittent fasting in clear and concise way and does a great job backing up the concepts in this book with research.

67 of 71 people found the following review helpful.

Finally a Diet for Life!

By Jon

I first read the 8 hour diet in Men's Health Magazine then bought the book. In 4 months I have lost 40 pounds. I exercise and eat sensibly but nothing in the extreme. Weight loss has been steady. It is easy to adjust to fit my schedule. I believe at this point it is a way of life that I intend to follow.

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