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## Delay don't deny gin stephens

Wife, mother, retired teacher, and constantly faster. Author of The New York Times Bestseller Fast. Feast. Repeat. The author of Amazon #1 best-selling delay, Don't Deny. Welcome to my website and blog! I'm glad you found me. The photos, above, show me: before (about £210) and after (about £130, for or take a few.) Subscribe to my podcast! Intermittent Fasting Stories podcast, with co-host Melanie Avalon and Intermittent Fasting Stories, with Gin Stephens To find out how you, too, can live an intermittent fasting lifestyle, read my latest book, quickly, Feast. Repeat.Click here to find the book, or visit wherever the book is sold. I would also love for you to follow my blog! Click HERE to go to the blog post page. From the blog post page, type your email address in the box on the right to sign up. Delay, Don't Deny ® noted that Gin does not do any personal coaching or answer questions related to IF via email. Need to contact Gin for another reason? Use the contact form, below. I read this book in less than 24 hours; and enjoyed very little of it! I've heard a lot about IF. I had it in my head, like many others that it would be unhealthy, and could be dangerous. My cousin did it for a few weeks and after talking to her I decided to read this book. Now I'll try IF! Just For Today is free to read 30 !!! This is the best & best book, obtained before running out!!! Add calorie counting, remove food from your diet, or obsess about food all day? If so, a disrupted fasting lifestyle might be for you! In this book, you will learn the science behind intersedrupted fasting, and also understand how to adjust different continuous fasting plans to work for your unique lifestyle. The best part about intersedrupted fasting is that it doesn't require you to give up your favorite foods! You'll learn how to change WHEN eating, so you don't need to change what you eat. Are you ready to take control of your health, and finally step off the roller coaster diet? All you have to do is learn how to delay, not refuse! ... (More information! -&gt; I hope you enjoy reading!! © 1996-2015, Amazon.com, Inc. or its affiliates, switch to the notifications tab on the team site and find topics led by the operator. While reading is not a requirement to participate initially, we expect all members to read one of the books as soon as they join. So! Which book should you choose? Fast. Feast. Repeat. (2020) is called comprehensive guide to delaying, not refusing intersedent fasting because it has all things you might want to know about the IF lifestyle (and some things you didn't even know you need to know!) and it's available in the U.S. wherever books are sold (paperbacks, ebooks, and Audible). Cho Cho readers, you can order paperbacks through an international platform like The Depository Book. Once you're done reading it quickly. Feast. Repeat., you are invited to join the Delay group, Don't Deny: Advanced Book Support, available at this link. You must answer three questions verifying that you have read the book. The Advanced group is open to member posts, as all members have the knowledge to support each other. Delay, Don't Deny is the original book, written in 2016. It's a shorter read, so if you don't have much time to spend reading, that's the one you'll want to start with. Delay, Don't Deny is available on Amazon (paperback and Kindle), Audible, and through all major ebook retailers. To be approved to become a member, you will be prompted by Facebook to answer 3 questions. Please answer all 3 questions for approval. Read the book happily, and welcome to the group! We look forward to interacting with you in executive-led topics! \*\*2020\*\* 5 starsWhen I first read this book, I dismissed Gin Stephen's strong take on clean fasting. Her plan does not allow the use of any artificial sweeteners, creams in coffee, flavored sparkling water or bone broths while fasting is interrupted. But as the months passed with very little progress in my weight loss journey, I kept thinking I might need to reconsider DDD. I started listening to her two podcasts. And I have to know Gin's voice. Hers is a 'tough love' approach. I devoured it. I loosened up \*\*2020\*\* 5 starsWhen I first read this, I dismissed Gin Stephen's strong take on clean fasting. Her plan does not allow the use of any artificial sweeteners, creams in coffee, flavored sparkling water or bone broths while fasting is interrupted. But as the months passed with very little progress in my weight loss journey, I kept thinking I might need to reconsider DDD. I started listening to her two podcasts. And I have to know Gin's voice. Hers is a 'tough love' approach. I devoured it. I loosened my grip on the ice cream keg. I learned how to like black coffee on my own. Two years ago, I didn't drink coffee. Time. Then I started drinking a regular cup of coffee with ice cream. I love my tea, but the tannic acid in black tea upsets my stomach. So now I start my morning with a cup of four ounces of black coffee. And I really like it. I want this piece to include impressive statistics of weight loss; Alas, no. I'll review Jason Fung's Obesity Code. And I was intrigued by Bert Herring's The Power of Appetite Correction. \*\*2019\*\* 4 starsGin Stephens wrote a combined memoir, a self-help book for people who want to lose weight while eating whatever they want. She sends that you can \*whatever\* you want, but don't \* whenever \* you want. It is important not to eat for 16, or 20, or 23 hours a day. Stephens' voice sounds similar to Pioneer Woman. (Sorry. Boom. It's done.) I really do her emphasis on keeping insulin low. She included some links to NIH studies in the text. I saw these links in the captions of other books, but never considered reading them myself until the author suggested it. I'm still mulling over her insistence on a strict abstinence from ice cream in coffee or tea, and even from the taste (but not sugar) sparkling water (Le Croix), chewing gum, mint, etc. It works for her, but I've heard other experts encourage their use to help people succeed in fasting. I think it's important to note that this book is for weight loss, not for curing diabetes. Here's the goal: to be in a place where you're listening to satiety signals and you're not fasting through absolute will alone. ... More... More