

INTERMITTENT FASTING

DO'S

- choose a fast that fits your life and goals
- drink water and electrolytes during the fast
- eat protein, fat and fiber when you break your fast
- be consistent, but adjust the schedule as needed
- exercise (but ease into it)

DON'TS

- just skip breakfast
- use extended fasts as a "reset" from a "cheat day"
- drink multiple cups of coffee to get you through your fast
- snack
- break your fast with high glycemic, low protein meals

Cover Letter Intermittent Fasting Ideas

Ryan Serhant

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Intermediate Report of the Committee on Government Operations United States. Congress. House. Committee on Government Operations,1963 *Quick Bibliography Series* ,1976 Nutrition Education Materials Holly Berry Irving,1987

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Whether you're a real estate broker a hair stylist or a freelance contractor your end goal is the same get leads and generate new business You want people to think of you the split second they consider looking for a new apartment getting highlights or finally redoing that guest bathroom And while building a brand from scratch sounds daunting the authentic you is already a brand you just might not know it yet In Phase One you'll discover your core identity from your written brand statement to fonts colors posing for photos and more In Phase Two you'll learn how to deliver consistent content realistically by understanding social platforms and making the right choices for your work And in Phase Three you'll shout it from the mountaintops share your accolades leverage growth and achieve your full potential Weaving interviews with household names like Gary Vaynerchuk Rebecca Minkoff and Mark Manson custom worksheets to get organized and a case study of one person's progress through each chapter Brand It Like Serhant is a textbook classroom and teacher rolled into one From start to finish Ryan's actionable guide empowers you to build an authentic enduring brand by becoming known for what you want to be known for and skyrocket your career Transactions of the Wisconsin Academy of Sciences, Arts, and Letters

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