



# Eat Sh\*t & Die(t)

*Max Cunningham*

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## **Eat Sh\*t & Die(t)** Max Cunningham

If you want to lose weight but you don't want to diet or count calories then you need to 'Eat Sh\*t & Die(t)'. This book will teach you the secret to easily losing weight using intermittent fasting, and it's so simple that absolutely f\*\*king anyone can do it! This book is for the bold, those of you that want to cut through the BS, and get the body you desire without measuring all of your portions... without suffering countless kale smoothies... without working your ass off in the gym 3 hours a day, 7 days a week... You can lose weight without doing any of that sh\*t! There are 3 different intermittent fasting plans presented in 'Eat Sh\*t & Die(t)' so that whatever your lifestyle, there WILL BE a fasting plan that works for YOU. 'The F\*\*k Shit Up Plan' is a daily fasting plan, eating for 8 hours and fasting for 16... This is the recommended plan, and tends to work best/fastest. 'The Make Your F\*\*king Mind Up Plan' is an alternate day fasting plan, meaning you have a day on (fasting) and a day off ('eating normally') and repeat. 'The Pussy Plan' is a 5:2 fasting plan, which means you have 5 days 'eating normally' and 2 days fasting every week. With a whole bunch of really useful additional information and tips for increasing your motivation, sticking to the plan, dealing with 'f\*\*k it moments' and how to make fasting even more effective, Eat Sh\*t & Die(t) isn't dull, complex, boring, or any of that sh\*t. It's a hilarious, no-BS book that shows you how to easily begin losing weight using the intermittent fasting method - a method that is scientifically proven...it works!

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