



# UNBELIEVABLE FREEDOM

How We Transformed Our Health and Happiness with Intermittent Fasting



**BY RYAN AND KIM SMITH**

Foreword by Gin Stephens, Author of *Delay, Don't Deny:  
Living an Intermittent Fasting Lifestyle*

Ryan Smith

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Ryan & Kim Smith struggled with dysfunctional eating throughout their lives. First Ryan began a weight loss effort, after that Kim followed suit, ultimately leading them both to intermittent fasting as outlined in Gin Stephens' "Delay, Don't Deny: Living an Intermittent Fasting Life style.com. They had been on the hamster wheel of diets long before they met." At this point, they have dropped a collective 215 pounds.fastingfeastingfreedom. Their lives are filled up with a peaceful joy that they hope to share with others. Improvements about the Smiths and their journey are always available at [www.fastingfeastingfreedom.com](http://www.fastingfeastingfreedom.com). The journey transformed not merely their relationship with meals, but with themselves and with one another. From enough time of their wedding ceremony in 2003, they ate their way through ten years plagued by massive weight gain until 2014, at which point they topped out at well over 500 pounds combined.



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Amazing transformation and inspiring tale! ????? Thank you Kim and Ryan, for posting your life-changing journey with us all!! With intermittent fasting, I truly feel like I've found the answer to permanent weight reduction that I've been searching for since I was a teen. Regrettably, like them, I acquired to undergo years of losing (but never quite getting to my goal), then re-gaining and having to lose the weight all over again. I could wait around to get the book. However, why is this book stick out is the way the authors articulated their struggles in ways that normal people like me can relate to. and this new way of life with intermittent fasting may be the answer!..intermittent fasting gives you unbelievable freedom! Kim and Ryan, many thanks for posting your inspiring story! There was one particular part of the book that produced me laugh, the beagle along with his biscuit training. In Unbelievable Independence, Kim and Ryan Smith openly (and with vulnerability) talk about their weight loss journey struggles and triumphs around. I finished reading the reserve this morning. I'm excited to check out them on their journey. This wedded couple shares each of their own health histories with a magnified concentrate on kicking their out-of-balance eating habits. I related to both their struggles with searching for the comfort of processed food to soothe life difficulties, also to soothe their problems with their communication as a couple early on. You get both their own individual stories, on what their attachment to meals evolved before their meeting one another, but also extremely personal glimpses into how their constant revolving doors of dieting approaches affected their relationship. I was among the winners chosen to get a copy of this lovely little book. To sum it up in the three terms Kim's grandmother shared with her, "Enjoy your daily life! ??? Kim and Ryan's tale is incredibly inspirational, motivating, and uplifting! Just what a beautiful and inspiring story. This was a beautiful read, and you will be added to my set of re-reads that I'll return to for inspiration during my own IF journey. It was only once Ryan and Kim embraced the IF life style, did they discover the freedom and versatility that allowed them to thrive and discover their finest selves as people and as a wedded couple. F. This book is incredibly well-written and is simple and enjoyable to learn. That may have been the best decision yet in my own IF journey. Unbelievable Inspiration Kim's and Ryan's honesty because they shared the ups and downs of years of fat struggles was thus moving. "Writer of: My 30-Time Intermittent Fasting Journal Speaking The Truth Kim and Ryan share true feelings and feelings in their book. I really enjoyed the journey of this book. I know exactly what that feels as though!" This was an instant read and I appreciate that they it wasn't filled up with "how to's" plus they made it more about their emotional, mental, and psychological trip. I feel like that allows people to connect with them more rather than them writing a publication strictly about IF. I have not carried out IF, but I could absolutely identify with the struggles associated with weight loss. I recommend this book to anyone seeking to improve their health and fitness, energy, and weight and/or body composition. Ryan and Kim inspire me to see, FOR LIFE, UNBELIEVABLE FREEDOM! I would suggest this book to whoever has experienced defeated by their current scenario who requires a pat on the trunk and ray of hope! YOU can overcome whatever is going on to you, you merely need to find the right/suitable "fix" for you!! I am quite happy with the price I'm losing (8 lbs so far) because I understand intermittent fasting can be something I can sustain forever and all the weight WILL ultimately arrive off without depriving myself of the foods that I really like. I totally linked to the author's struggles. Ryan, kudos for accepting Kim's biological children as your personal. These real people are local and live in Maine too! Kim, thank you to make yourself vulnerable as a woman. After reading your publication I feel very confident that easily give this life-style my best, it will work for me. Kim and Ryan are two amazing and kind hearted people and being able to personally watch their transformation was amazing! Truly a transforming

book! I felt like I knew both of them so well. Discover How to Get Free from the Weight Loss Hamster Wheel So You Can Enjoy Your Life For the person who struggles with their weight, for the individual who struggles with their romantic relationship with food and for the individual who would like to gain control of their life, this publication is for you! Their narrative reminds us that intermittent fasting supplies the lasting results that we only chased unsuccessfully for a long time. That speaks volumes about you as a guy. I loved this honest account of a couple's struggle with dieting and weight loss. I went for many weeks after the release of this book convinced that I understood more than enough approximately Kim and Ryan's story and had a grip on what we perceived to end up being the the "guidelines" of IF. I thought I had a good enough foundation from which to control this new IF way of life. I've tried every 'diet plan of the instant' you can think about, but in the small amount of time I've been doing intermittent fasting I feel more in control of my success than I ever do on those various other diets. By the finish of the publication, after relating to so many of their struggles, finally seeing them make it to the various other aspect, like breaking through some sort of dark curtain, I feel a renewed hope. Discover how to get free from the grip of food addiction so that you can have and be a lot more as your home is a life you love! You'll get an idea on where they are right now, with how they conduct their eating window, as well as the type of dietary management they are performing ( I love how they are invested in the joy of planning for their one meal a day, and I concur that cooking your own food is the way to go ) I'm glad they both decided to write a book so filled with honest and candid reflections on the ultimate victory over arriving at a means of eating that's becoming more and more well-known as the healthy method to consume food. I really had planned on buying it, I day. I have no idea if it was stubbornness or possibly fear. Likely a bit of both. After years of attempting so many things, I did NOT want other things to atop my shameful pile of failed tries. Don't remember when I first found this shown on Amazon, however when I noticed the authors were part of the Intermittent Fasting community, and they had in fact had the amount of success that warranted composing their story about it, I knew I experienced to read it. Fantastic story of a Health/weight journey geared toward opening One's Eyes to the energy of I. After that there were elements of the book that I sobbed through. Issues, history and believed patterns that I never really was ready to look at truthfully all bubbled up. Ouch! I did nevertheless, on a whim, sign up for Kim's email support! It's the account if two different people who struggled with their pounds and their relationship, but found their way with an intermittent fasting lifestyle. Real down-to-earth honesty about how exactly IF changes lives!! Many thanks Kim and Ryan for posting your tale! I am not a "reader" that reads for fun but I possibly could not put the book down. A inspiring, life-changing tale! A must-read! Their phrases had me sometimes nodding in agreement, fighting back again tears as I linked to their encounters on a deep level, and even laughing out loud at Ryan's amusing word-craft. I browse the entire book in a single day time because I couldn't put it down! I began my IF journey the very next day and I'm loving my brand-new lifestyle! Kim and Ryan's tale of transformation through intermittent fasting is this encouragement for me personally to keep going on my own journey. So inspirational to learn about their challenges and triumphs; What an amazing read! Great publication! They put everything out there and I came across therefore many passages that I read and thought to myself "YES! It's such a letdown to pick up a reserve that says it's different and then it says eat less move more. Ryan! They seem like real people and they have been in a position to achieve attainable goals. I wasn't surprised to read the Forward by Gin Stephens, the author of Delay, don't Deny, which was her own remarkable story of achievement in intermittent fasting. Unbelievable Independence with IF!!! Very captivating read For someone

who loves to read it's a no brainer that I enjoyed scanning this book!! I sensed like I was reading my very own story of an eternity struggling with my fat and I can't wait around to have my own happy ending! Dealing with Kim has been a pleasure and watching her personal growth and confidence has been so interesting. I truly enjoyed reading Kim and Ryan's Story! I love this book compiled by Kim & I really was able to relate with the trials and struggles especially Kim's conversation of her body picture. I could relate many aspects of their struggles with food and fat to my own. During and after reading it, I possibly could feel myself loosen up knowing that "dieting" is over for me... The title is so true. No doubts! to know they didn't just set their mind to it once and poof their dreams came accurate, which can be said for most people trying to change a number of different habits, not just about food. Intermittent fasting leads to conquering food issues. I loved this book. I must say i enjoyed reading their book!



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