

El método de AIDA para estar en tu peso

The SIDH Method for Maintaining your Correct Weight



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It is no cliché to say that beauty is not skin-deep. If you want to enjoy life, you have to like yourself, and nothing is better for achieving this than a method which reinforces Self-esteem by means of Intelligence and Decisiveness in order to attain, above all else, Happiness. Dr Rosa Pérez-Bibián offers a revolutionary method for weight loss and dealing with cellulitis that helps you to feel well and happy with yourself and your body. Victory necessitates knowing the enemy, and this book contains everything there is to know about cellulitis so that each reader can choose the most appropriate treatment to fight it with guaranteed success. Recipes, simple tricks for making everyday life healthy and enjoyable, and easy exercises will all assist in changing habits and increasing happiness: happy maintaining your correct weight.

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