

100 consejos para adelgazar

100 Weight Loss Tips



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Sooner or later, at some stage of life, almost 75% of men and women want or need to lose a few kilos. 100 Weight Loss Tips is a weight-loss programme which helps dieters to enjoy the process, without anxiety, depression or stress: slimming without losing your health or your good humour. As these 100 tips become a natural part of daily life, they not only aid dieters to reach their appropriate weight permanently, but also improve health, since anything which helps to control body fat also assists in preventing many illnesses, particularly cardiovascular and degenerative disease. The right weight is the best guarantee of good health. The book includes weekly diet plans with menus for breakfast, lunch and dinner and is notable for its clear, practical language and presentation.

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