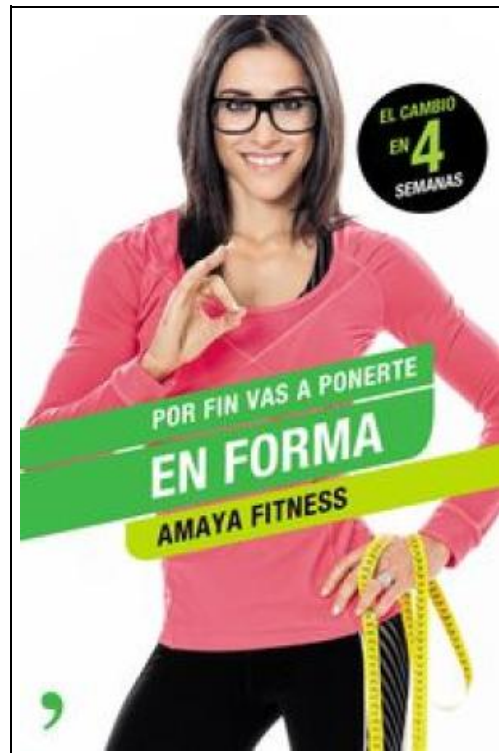


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TEMAS HOY, 2015. Condition: Nuevo. Seguro que en más de una ocasión has pensado que no puedes seguir así y que necesitas un cambio. Pues ha llegado ese momento: es la hora de ponerte EnForma. Con este libro, Amaya Méndez te ayudará a conseguir tu mejor versión. Comprobarás que la práctica de hábitos saludables te va a convertir en una nueva persona. Un método basado en la buena alimentación, el entrenamiento y el descanso, que cambiará tu vida en tan solo 4 semanas. Amaya Méndez, entrenadora personal, coaching nutricional y apasionada de la vida, se define como «pulidora de diamantes». Las transformaciones de sus clientes son reflejo de la efectividad de su método. Miguel Abellán, Rosa López, Oscar Reyes, Tamara Gorroo Ezequiel Garay entre otros, ya han apoyado su Movimiento EnForma. Reconocida blogger, se cuentan por cientos de miles los seguidores de su filosofía basada en hábitos de vida saludables. Únete a su movimiento EnForma: www.enforma.es Instagram: [@Amaya_fitness](https://twitter.com/Amaya_fitness)



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