



Adelgaza Sin Dietas: El Poder de La Conciencia Corporal (Paperback)

By B Rbara Del Amo, Baarbara Del Amo, Bárbara del Amo

Balboa Press, United States, 2012. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****.Por que te resulta tan dificil adelgazar si sabes lo que tienes que hacer? Recupera la conexion con tu indicador interno y consigue tu peso ideal sin hacer dietas, sin pasar hambre, sin combinar alimentos Sin sufrir! - Adelgaza sin dietas es un metodo unico y exclusivo para adelgazar mientras comes. - Tomaras conciencia de tu cuerpo mientras pierdes peso y te sentiras mucho mas feliz. - Tres sencillas pautas que cambiaran tu relacion con la comida para siempre. En mis sesiones como Coach he podido detectar los patrones de conducta que hacen que mis clientes coman de mas llevandoles a sabotear su anhelado deseo de estar delgados. Gracias a ellos he ideado un sistema para reprogramar los habitos perjudiciales relacionados con la comida creando nuevos patrones sanos y definitivos. Este es un metodo sencillo para perder peso y adquirir conciencia a traves de lo que comes.



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