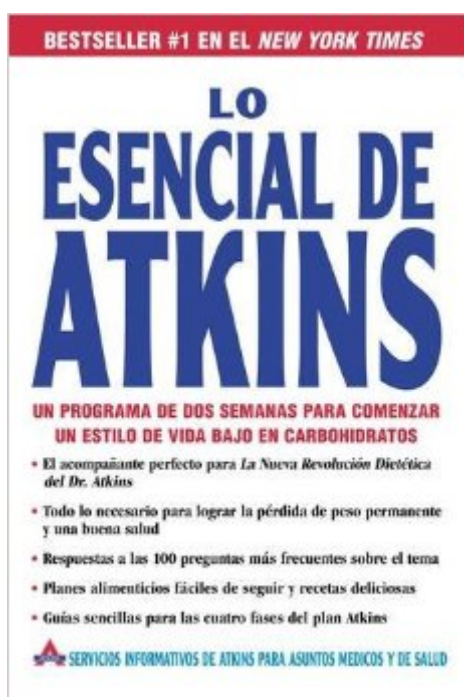


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Lo Esencial De Atkins: Un Programa De Dos Semanas Para Comenzar Un Estilo De Vida Bajo En Carbohidratos (Spanish Edition)



Synopsis

Millones de personas en todo el mundo ya han descubierto el Método de Nutrición Atkins y los tremendos beneficios conseguidos al controlar el consumo de carbohidratos. Ahora es aún más fácil unirse a esta revolución, perder el peso deseado, y gozar de perfecta salud siguiendo estos sencillos pasos. Menos científica y con un contenido más práctico, esta guía enfoca la esencia del programa de control de peso más eficaz del mercado, brindando las herramientas y capacitación necesarias para perder grasa corporal -- desechándola para siempre! Con respuestas claras y concisas, Lo Esencial de Atkins es ideal para todo aquel en busca de un estilo de vida más saludable. Y para novatos, es una forma rápida y efectiva para comenzar. Los ya familiarizados con el programa, encontrarán tips indispensables sobre qué hacer al salir a cenar, al hacer compras, y mucho más.

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Customer Reviews

Nice book with simple language to give out to a friends daughter so she could start up her diet.
Good!

I could hardly put this book down. Just like my new morning brew made from soy beans. Taste like coffee, sans the caffeine, and contains no tannic acids. I have no more heartburn and that is something to write about. Google it online under "soyfee"

Excellent

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