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Jessica J Manson

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<u>iHaz click y vive sano!</u> María Corbacho,2021-11-09 Haz click y vive sano no contiene f rmulas milagrosas ni m dicas pero s las claves para que la experiencia de la autora nos sirva de est mulo reconocer que tenemos un problema es el primer paso para aprender a vivir de otra manera y mantener las pautas adquiridas para siempre Porque la verdadera transformaci n no empieza el d a que cambias tu forma de comer sino el que modificas tu forma de pensar Historias de superaci n personal reflexiones y pensamientos positivos tablas de alimentos orientaciones de ejercicio y nuevas recetas in ditas conforman este manual de amor propio esta gu a para aprender a quererse a vivir de forma saludable para siempre y en especial a creernos realmente que somos merecedores de un cuerpo sano en una mente sana S puedes Ap ntate a la vida sana <u>iHaz click y vive sano!</u> María Corbacho Moreno,2014-10

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