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AGUILAR, United States, 2016. Paperback. Book Condition: New. 213 x 142 mm. Language: Spanish . Brand New Book. Basada en su experiencia personal y profesional, Samar Yorde Erem, creadora de la red social ofrece en este libro consejos medicos y practicos para comprender y enfrentar la obesidad, y propone un camino de vida saludable basado en cuatro pilares: buena alimentacion, ejercicio frecuente, control de la ansiedad y motivacion constante. En Soy saludable leeras lo que muchos te ocultan para que...

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- Authored by Samar Yorde
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