

## Abnehmen Ohne Diät-Mythen: 95 Falsche Erfolgsrezepte



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### **Reviews**

*Thorough information! Its such a excellent read. It is really simplistic but unexpected situations within the fifty percent of your pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
**(Johnathon Moore)**

## ABNEHMEN OHNE DIAT-MYTHEN: 95 FALSCHER ERFOLGSREZEPTE



Neureuter Training. Paperback. Condition: New. 218 pages. You will probably be surprised if you do not receive tips for your desired weight here, right Why should I then read this book Even worse, here you will learn how you can stay guaranteed thick. What is that supposed to be good, you might be wondering, right Because you are not in the morning before the mirror and suddenly realize you are thick. No, your excess weight is a result of unfavorable beliefs and false conclusions. There are old tales and ill-informed experts who provide you with unhelpful hints. Or does your family doctor has his dream weightFrom the perspective of the authors, the comprehensive knowledge of the sources of error in losing weight is much more important than a desperate attempt with only a half-truth to gain success. In all the important missions apply: Know your enemy and know yourself and in a hundred battles you will never be in danger. Anyone who has ever seriously tried to lose weight knows that this project is like climbing a mountain. Losing weight is not only difficult, but also complex. This complexity Birgit Simon has experienced in its work with overweight and systematically summarized easily understood in 95 chapters in this book. With these 95 chapters volatilize the most creative excuses as to why you are still thick. Finally a book with an understanding of the problem not to be able to be slim . It is cleaned up with the conventional wisdom that thickness are just too undisciplined to take off. Amazing scientific discoveries that would otherwise be concealed Very entertaining, enlightening relentlessly experience from practice and self- hopes for those who want to lose weightDiscover your own tricks and illusions. This takes courage . Scroll up and buy this book !About...



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