



L'Arte del Dimagrimento (Italian Edition)

Claudio Spina

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Dimagrire è uno dei problemi che più assilla l'umanità. Eppure nonostante sia il più importante, nessuno ha idea di come questo funzioni con precisione.

Ogni giorno vengo a contatto con centinaia di persone grassottelle che non ottiene risultati. C'è chi mangia solo "erba" e chi evita come la peste i carboidrati.

In questo libro ti spiegherò perché certi metodi non funzionano. Queste diete sono pericolosissime perché portano a problemi seri nel nostro organismo di varia entità. La dieta non deve portarti ad una situazione di deperimento ma deve mantenerti in ottima salute.

Ti illustrerò i miti del dimagrimento, errori che molti commettono, diversi tipi di diete e veri consigli per dimagrire. Dimagrire è qualcosa di ben studiato, è un'arte. L'arte non è qualcosa fatta a "cavolo" ma ha bisogno di impegno e capacità.

Ti svelerò i segreti per dimagrire davvero e scardinerò alcune leggende del dimagrimento. Poniamo fine alle pance, alle creme e ai sacchi della spazzatura. Adesso si dimagrisce davvero.

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