



La alimentación intuitiva (Spanish Edition)

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Gracias por fijarte en este libro, “La alimentación intuitiva”.

Este libro contiene consejos y estrategias efectivas que pueden ayudarte a conseguir un cuerpo y una mente más sanos mediante la alimentación intuitiva.

Conocerás los errores más comunes que comete la gente que recurre a la ingesta excesiva de alimentos cuando sufre estrés, siente pena o aburrimiento. Aprenderás más sobre la alimentación emocional. También sabrás por qué la dieta nunca te ayudará a perder peso.

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