



Je maigris sans souffrir (enfin) et sans m'aigrir !

By Denise Bravo

Editions Vie Nov 2016, 2016. Taschenbuch. Condition: Neu. Neuware - Après d'infructueux combats menés contre son poids l'auteure a mis au point 'sa' méthode qui est le fruit de ses réflexions et de ses expériences. Elle ne promet pas la lune et les étoiles, juste perdre tranquillement une bonne fois pour toutes ces kilos qui nous déplaisent (un peu, beaucoup, terriblement) et nous pèsent. Ce petit traité sans prétention est surtout une formidable leçon d'optimisme et de bonne humeur. Tout est présenté avec légèreté et une auto dérision amusante. On fait le plein de formidables conseils - tout simples - mais qui nous font un bien fou. Alors on a envie d'en savoir un peu plus des fois que. On ne sait jamais. Et si en ne le lisant pas on allait cette fois passer à côté de LA solution Oh, comme cela nous démange. En tout cas dans ces conseils proposés (et non pas des ordres) il n'y a pas de vices cachés. De plus ils ont vraiment fait leurs preuves. En les adaptant à vos propres aspirations chacun(e) d'entre vous gardera toute liberté. Vous pourrez donc dire 'je suis mon propre régime ' et même plus '...

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