

Al Rescate de tu Nuevo Yo Consejos de Motivación y Nutrición para un Cambio de Vida Saludable Spanish Edition



BOOK DETAILS

- Author : Ingrid Macher
- Pages : 258 Pages
- Publisher : Whitaker House
- Language : Spanish
- ISBN :

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BOOK SYNOPSIS

By picking up this book, you have just taken the first and most important step to losing weight and staying healthy. Certified personal trainer and holistic health coach Ingrid Macher has spent years figuring out what works and what doesn't when it comes to weight loss. For the first time in English, she shares her secrets on how she lost over 50 pounds in 90 days—and kept it off! Don't think of this as a diet. Instead, use it as a manual to help you kick-start your new lifestyle, with Ingrid's simple, step-by-step tips. You will never look—or feel—the same again!

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