



E' la scarpa giusta? (Italian Edition)

Michele Guidi



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E' la scarpa giusta? (Italian Edition) Michele Guidi

È la scarpa giusta? Scoprilo con i test in pochi secondi.

È un libro, ebook, dove si impara a scegliere la scarpa giusta in pochi secondi.

È diviso in tre parti:

la prima parte riguarda la spiegazione di come funziona un piede, le diverse caratteristiche dell'appoggio plantare e scoprire com'è il tuo, la seconda parte concerne la classificazione delle scarpe da running e le loro caratteristiche

la terza parte illustra i test Guidi, per permetterti di scegliere sempre la scarpa giusta per te. Leggendo questo libro avrai:

- imparato come è fatto un piede
- percepito la sua complessità e la sua bellezza
- conosciuto i fattori da considerare per scegliere la scarpa adatta a te
- appreso come è fatta una scarpa e quali sono le sue caratteristiche
- acquisito una serie di trucchetti pratici per evitare errori
- imparato come applicare i test per acquistare la scarpa giusta!

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