



Espléndida en 7 días (Spanish Edition)

Mara Iglesias

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Una de las preocupaciones de buena parte de las personas consiste en llegar al peso justo y hacerlo con un cuerpo bien moldeado, esto es, con formas atractivas y sin flaccidez. Y es cierto que en el mundo actual propuestas para lograrlo son lo que sobra. Sin embargo, lo cierto es que muchas de ellas tienen un costo adicional demasiado alto: la salud. Efectivamente, no faltan dietas que, formuladas de manera irresponsable, dejan a quienes las llevan a cabo con menos kilos, pero también carentes de los nutrientes esenciales que el cuerpo necesita. O programas de ejercicios físicos que, formulados de manera aislada y sin una dieta adecuada que los sostenga y permita, hacen caer a sus desdichados cultores en un sobreentrenamiento que sólo deriva en fatiga.

Este libro, en cambio, propone una dieta simple pero eficaz que, combinada con algunos ejercicios específicos, permitirá eliminar esos molestos kilos de más en poco tiempo: ¡tan solo en 7 días!

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