



Den Jo-Jo-Effekt vermeiden: dauerhaft abnehmen ohne Diät und Sport (German Edition)

Michael Möhring

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Abnehmen ist meist leichter, als nach einer Diät das Gewicht zu halten. Der Autor hat nach mehreren Diäten, wo er teils gewaltig an Gewicht verlor, jedoch immer wieder zunahm, einen Weg gefunden, seine Essgewohnheiten in den Griff zu bekommen. Seit einigen Jahren hält er nun sein Normalgewicht und hat heute nicht mehr die Befürchtung, irgendwann wieder zuzunehmen.

Wie er es geschafft hat, erfahren Sie in diesem Buch.

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