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## Schlankness

By Reza Hojati

Hojati. Paperback. Book Condition: New. This item is printed on demand. Paperback. 168 pages. Stellen Sie sich vor, Sie können essen was Sie möchten und nehmen dabei auch noch an Körpergewicht ab. Sie haben sich selbst unter Kontrolle und essen automatisch nur noch so viel bis Sie satt sind. Autor und Fachsportlehrer Reza Hojati hat eine Methode entwickelt, die es Ihnen erlaubt zu essen, was Sie wollen. Sie können leicht und mühelos abnehmen, ohne einen inneren Kampf führen zu müssen. Sie verlieren an Körpergewicht und bleiben langfristig schlank. Das Motto von Reza Hojati ist: Abnehmen beginnt im Kopf! Also, programmieren Sie sich auf einen schlanken Körper. Mit der Schlankness Methode gelingt Ihnen, nur dann zu essen, wenn Sie echten Hunger haben, und zwar nur das, worauf Sie Lust verspüren und was Ihnen gut schmeckt. This item ships from La Vergne, TN. Paperback.



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