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## 7 Semaine Maigrir: Transformez Votre Corps en 7 Semaines (French Edition)

By Philip Smith

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 44 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Vous cherchez se mettre en forme rapidement ? Avez-vous 7 ingrédients que vous aideront transformer votre vie en 7 semaines ! Découvrez comment ces 7 éléments peuvent faire ou défaire vos efforts en perte de poids. Saviez-vous que l'échelle de la vie menaçait la santé, les risques à long terme dans le monde de la famine ? Oui, la triste réalité est de plus en plus de gens dans le monde sont collectivement souffrent maintenant d'être gros que de ne pas avoir suffisamment manger. Selon une estimation, le nombre de personnes au 1 milliards de dollars, comparativement 800 millions de personnes qui sont sous-alimentés. C'est un problème énorme ! Mais qui peut le surmonter rapidement si vous êtes sérieux et les efforts nécessaires. Cependant, certaines personnes diraient que je me trompe ! Ce ne serait pas la première fois. C'est ce que j'ai découvert. . . La plupart des gens savent comment exercer et manger bien. C'est davantage une question d'optimisation que la connaissance et un ajustement, de sorte que les résultats viendront vite trop ! C'est dans les petits détails qui sont souvent négligés...



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