

# Descargar Libro Si Te Gusta Comer, Aprende A Adelgazar - DR. Nicolás Romero & RTVE

Dr. Nicolás Romero



descargar libro Si te gusta comer, aprende a adelgazar DR. Nicolás Romero & RTVE , En *Si te gusta comer, aprende a adelgazar*, el doctor Romero nos dará recomendaciones para tener un peso perfecto, pero, lo más importante, sin dieta y sin estar obsesionados con la comida. Nos enseñará a tener una actitud nueva ante la comida, sin que el estrés del día a día nos influya.

Nos dará recomendaciones sobre la alimentación ideal a través de test de alergias, genéticos, planes de alimentación, etc. Además, nos explicará cuáles son las pautas para hacer tanto ejercicio físico como emocional. Es decir, nos ayudará a ser conscientes y concienciarnos sobre el valor de la salud personal.

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