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Votre Balance Parle Joanne Simon Ebook:

Votre balance vous parle Joanne Simon, 2015-09-01 Ce guide met en lumière un grand nombre de situations qui sont susceptibles de se produire lorsque nous désirons perdre du poids. Le plus grand choc sera de constater que les problèmes ne proviennent pas toujours de la balance. Notre façon de voir les choses dans la vie influence grandement la vision que nous avons de notre poids. Donc, est-ce que limiter les calories règle vraiment tout ? Nous tenterons de répondre quatre grandes questions qui première vue ne sont aucunement liées nos rondeurs. Qui sommes nous vraiment ? Comment croire que nous pouvons modifier nos habitudes alimentaires sans connaître nos forces et nos faiblesses ? Nous devrons ensuite terminer ce qui nous motive dans la vie. Parce que maigrir juste pour obtenir le bon chiffre sur la balance n'est vraiment pas motivant. La troisième partie nous entraînera encore plus loin pour attaquer le vrai problème. Il est parfois nécessaire de repousser nos limites dans les autres sphères de notre vie pour voir enfin des résultats sur la balance. Finalement, le but de ce cheminement est de nous amener la dernière étape : contrôler notre poids et notre vie.

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Votre Balance Parle Joanne Simon Ebook** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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