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leggere Il libro del giusto peso per sempre Ebook gratuito PDF/EPUB/mobi Debora Conti , Basta con gli alimenti proibiti, le rinunce, i sensi di colpa, con il cibo usato come antidoto allo stress, alla rabbia, al vuoto emotivo: occorre innanzitutto perdere peso "mentale" per alleggerirsi di quello corporeo. L'autrice, tramite i suoi seguitissimi seminari, è la prima trainer in Italia ad avere applicato al recupero di un corretto rapporto con il proprio corpo i principi della PNL, la Programmazione NeuroLinguistica: in questo libro, attraverso moltissime storie di successo delle persone che lo hanno provato, insegna come e perché si formano alcuni comportamenti, e soprattutto come modificarli a nostro vantaggio.

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