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Sobrepeso emocional : cómo librarse de él sin dieta ni medicamentos Stéphane Clerget, 2015-10 Cómo librarse de él sin dieta ni medicamentos Una nueva responsabilidad la visita de un pariente una nueva amistad Cualquier cambio por pequeño que sea puede provocar un aumento o una pérdida de peso repentinos Por qué En realidad afirma la psiquiatra Stéphane Clerget la nutrición es mucho más que un mero combustible para el cuerpo Forma parte integrante de nuestro sistema emocional Qué causas empujan a una persona a picotear mientras ve la televisión y a otra a darse atracones nocturnos Por qué unas partes del cuerpo engordan más que otras Qué papel tiene la memoria en nuestras dificultades para adelgazar Las emociones influyen en la elección de los alimentos en las conductas alimentarias e incluso en el almacenamiento de grasas Sobrepeso emocional tal vez el libro más riguroso jamás publicado sobre el tema explora distintos problemas psicológicos relacionados con los kilos emocionales tanto de adultos como de niños y proporciona las claves necesarias para reeducar la conducta alimentaria buscar otras fuentes de placer y construir una nueva imagen mental de uno mismo todo con el fin de decir adiós para siempre a esos kilos de más que ninguna dieta har desaparecer

Delve into the emotional tapestry woven by in **Online Book Sobrepeso Emocional Spanish Stephane Clerget** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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