



Sobrepeso Emocional

Stephane Clerget



Descargar



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Sobrepeso Emocional Stephane Clerget

Emotions influence in food choices, eating behaviors, and even in fat storage. Emotional Overweight explores various psychological problems related to the emotional pounds adults and children have; this book provides the necessary keys to retrain one's eating behavior, seek other sources of pleasure and build a new mental image of oneself.



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