



La Dieta de tu vida EPB: Cuatro pasos para adelgazar y estar eternamente en forma (Spanish Edition)

Joy Bauer

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Cada semana, millones de personas sintonizan Today para ver el Joy Fit Club, una celebración para gente de todo el país que ha perdido al menos 100 libras simplemente haciendo dieta y ejercicio. Desde que Joy Bauer, la experta en nutrición y salud de Today, lanzó su segmento el año pasado, miles de televidentes inspirados por ella le han escrito diciendo, "Estoy listo para perder peso. ¿Puedes ayudarme?"

La dieta de tu vida es su respuesta a todos esos televidentes. Pero La dieta de tu vida no es un libro sobre peso solamente. V.I.D.A. significa Vete Increíble, Destila Alegría. O sea que, no solamente perderás peso, te levantarás cada mañana con más energía y entusiasmo. El secreto está en estos cuatro pasos:

1. Libérate: Una semana intensiva que se concentra en deshacer tus hábitos de comida negativos.
2. Reaprende: Dos semanas que te ayudarán a reprogramar tu apetito y descubrir el deleite de comer sano.
3. Reconfigura: Un plan de comidas fácil de seguir que puede integrarse a cualquier estilo de vida y perdura hasta que alcanzas el peso deseado.
4. Revela: Diseñado para ayudarte a encontrar tu rutina de mantenimiento. ¡Es hora de celebrar tu éxito en la pérdida de peso!

¡Bienvenido a tu nuevo estilo de vida!

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