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Con este revolucionario método aprenderás a gestionar tu ansiedad y tus emociones y a aplicar, poco a poco, los 4 hábitos cotidianos que te ayudarán a perder peso progresivamente y sin esfuerzo. Es decir, adelgazarás de una forma natural y saludable. Es, además, una aventura en la que descubrirás la inteligencia de tu estómago, aceptarás tu cuerpo y te liberarás de la mentalidad de dieta, que es la causante de la ansiedad, la culpabilidad y el sobrepeso.

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