



## Abnehmen Ohne Diät-Mythen: 95 Falsche Erfolgsrezepte

By Birgit Simon

Neureuter Training. Paperback. Book Condition: New. Paperback. 218 pages. You will probably be surprised if you do not receive tips for your desired weight here, right Why should I then read this book Even worse, here you will learn how you can stay guaranteed thick. What is that supposed to be good, you might be wondering, right Because you are not in the morning before the mirror and suddenly realize you are thick. No, your excess weight is a result of unfavorable beliefs and false conclusions. There are old tales and ill-informed experts who provide you with unhelpful hints. Or does your family doctor has his dream weight From the perspective of the authors, the comprehensive knowledge of the sources of error in losing weight is much more important than a desperate attempt with only a half-truth to gain success. In all the important missions apply: Know your enemy and know yourself and in a hundred battles you will never be in danger. Anyone who has ever seriously tried to lose weight knows that this project is like climbing a mountain. Losing weight is not only difficult, but also complex. This complexity Birgit Simon has experienced in its work with overweight...



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