



Reta Tu Vida: No es dejar de comer SINO aprender a comer (Spanish Edition)

José Fernandez

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¿Sueñas con bajar de peso y transformar tu cuerpo? ¿Quieres aprender a comer más sano? ¿Pero simplemente no sabes por dónde empezar?

¡Deja de sufrir!

En *Reta tu vida*, José Fernández, autor bestseller de *Salvando vidas*, te invita a retarte como nunca antes lo has hecho, para transformar tu vida y adoptar por fin un estilo de vida saludable que no sólo te permitirá perder peso, sino que te enseñará a cuidar de tu cuerpo y tu alma de aquí en adelante y por el resto de tu vida.

Con el carisma y el humor que lo caracteriza, José Fernández, entrenador de las estrellas, comparte aquí retos para:

- Decir adiós a la celulitis ¡de una vez por todas!
- Conseguir un abdomen plano
- Llevar a toda tu familia hacia una alimentación más saludable.

Con fabulosos *tips* Instagram y menús detallados que contienen deliciosas recetas saludables que te harán olvidar que estás a dieta, *Reta tu vida* es el libro que te ofrecerá la inspiración y la información que necesitarás para cambiar tus hábitos y transformar tu cuerpo sin tener que sacrificar las cosas que más te gustan. Porque como dice el mismo José: “No es dejar de comer, ¡es aprender a comer!”.

From the Trade Paperback edition.

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