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Una guía práctica y personalizada de los principios que funcionan para bajar de peso, recobrar la energía, mejorar la salud y mantenerla.

El propósito de este libro es que usted pueda establecer los pasos específicos, en secuencia, que debe llevar a cabo para restaurar su metabolismo y alcanzar su meta, ya sea de adelgazar, mejorar su diabetes o mejorar su salud en general.

Al final de cada capítulo usted encontrará un breve resumen de los puntos discutidos y una o varias preguntas o ejercicios que llevar a cabo.

Title	:	Metabolismo Ultra Poderoso
Author	:	Frank Suárez
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