

Chi Ha Detto Che Per Dimagrire Bisogna Mangiare Poco

Come mangiano i leoni

Attraverso l'evocazione dell'immagine fiera e forte del leone che mangia, l'Autore espone al lettore una modalità altrettanto fiera e corretta del modo di mangiare che tuttavia l'uomo, generalmente, non mette più in atto. Lo invita a riflettere su comportamenti alimentari assurdi, ma diffusissimi; lo aiuta a riconoscere e a distinguere i vari stimoli che lo portano a mangiare senza avere realmente fame e lo induce a riflettere su molti miti "dietologici", ormai talmente radicati nell'immaginario collettivo da essere considerati erroneamente certezze tali da spingerlo verso conclusioni sbagliate.

Chi ha detto che per dimagrire bisogna mangiare poco? Chi l'ha detto non conosce il metodo Zangirolami

Viviamo in un'epoca del tutto e subito, dove siamo continuamente bombardati da messaggi e informazioni legati al cibo. Libri, post, videocorsi ci insegnano a cucinare e mangiare healthy per vivere più a lungo e offrono soluzioni miracolose alla portata di tutti per essere belli, magri e sani. Ma se tutto quello che viene detto è vero, perché a questo progresso tecnologico e della medicina senza precedenti non corrisponde una società di persone felici e in salute? Perché aumentano il disagio sociale, l'obesità e la malattia? Non è paradossale? Il punto è, sostiene Iader Fabbri – biologo nutrizionista, da oltre vent'anni impegnato sul campo –, che tutti vantiamo un'esperienza alimentare personale, per cui tutti pensiamo di poter dare pareri e indicazioni, anche se non abbiamo le competenze per farlo. Ma mangiare è molto di più che una tecnica dietetica o un calcolo di calorie. E saper utilizzare forchetta e bicchiere non significa padroneggiare una materia complessa e individuale come la scienza della nutrizione. Se però abbiamo voglia di metterci in gioco, con curiosità e mentalità aperta, queste pagine ci daranno l'opportunità di intraprendere un percorso di cambiamento alla conquista di benessere e longevità sana. Dopo avere analizzato, con numeri alla mano, la drammatica situazione attuale – l'Italia ha il maggior tasso di obesità infantile in Europa tra i maschi ed è al secondo posto per le femmine – l'autore ci spiega le basi scientifiche che giustificano obesità, aumento del diabete e malattie metaboliche nella nostra società e, da «facilitatore di processi», ci propone il suo Metodo iF con una serie di strategie e segreti di Brain & Body Hacking per sostituire errate abitudini e falsi miti legati alla nutrizione con comportamenti virtuosi. Per scegliere: risultati o scuse?

Benessere, longevità e salute

Scrivere di cocaina è come farne uso. Vuoi sempre più notizie, più informazioni, e quelle che trovi sono succulente, non ne puoi più fare a meno. Sei addicted. Anche quando sono riconducibili a uno schema generale che hai già capito, queste storie affasciano per i loro particolari. E ti si ficcano in testa, finché un'altra – incredibile, ma vera – prende il posto della precedente. Davanti vedi l'asticella dell'assuefazione che non fa che alzarsi e preghi di non andare mai in crisi di astinenza. Per questo continuo a raccogliermi fino alla nausea, più di quanto sarebbe necessario, senza riuscire a fermarmi. Sono fiammate che divampano accecanti. Assordanti pugni nello stomaco. Ma perché questo rumore lo sento solo io? Più scendo nei gironi imbiancati dalla coca, e più mi accorgo che la gente non sa. C'è un fiume che scorre sotto le grandi città, un fiume che nasce in Sudamerica, passa dall'Africa e si dirama ovunque. Uomini e donne passeggiano per via del Corso e per i boulevard parigini, siritrovano a Times Square e camminano a testa bassa lungo i viali londinesi. Non sentono niente? Come fanno a sopportare tutto questo rumore? R.S.

Zero Zero Zero

The Dukan Diet is a unique 4-step programme, combining two steps to lose your unwanted weight and two steps to keep it off for good. The Diet 100 Eat As Much As You Want Foodshelps you incorporate the bestselling weight-loss programme into your life so that you can lose the weight you want like millions of others have around the world. The Dukan Diet contains four stages of the diet set out clearly and simply: Attack, Cruise, Consolidation, Stabilisation. This book includes a detailed breakdown of the 100 foods allowed on the diet, and a delicious and straightforward new Dukan recipe for each ingredient. Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently, The Dukan Diet is the culmination of thirty-five years' clinical experience. Beyond its immense success in France, The Dukan Diet has been adopted by 20 countries and translated into 10 languages. Many international observers agree that this is the method most likely to put a stop to the world's weight problems.

The Dukan Diet

Antonio Giangrande, orgoglioso di essere diverso. ODIO OSTENTAZIONE ED IMPOSIZIONE. Si nasce senza volerlo. Si muore senza volerlo. Si vive una vita di prese per il culo. Tu esisti se la tv ti considera. La Tv esiste se tu la guardi. I Fatti son fatti oggettivi naturali e rimangono tali. Le Opinioni sono atti soggettivi cangianti. Le opinioni se sono oggetto di discussione ed approfondimento, diventano testimonianze. Ergo: Fatti. Con me le Opinioni cangianti e contrapposte diventano fatti. Con me la Cronaca diventa Storia. Noi siamo quello che altri hanno voluto che diventassimo. Facciamo in modo che diventiamo quello che noi avremmo (rafforzativo di saremmo) voluto diventare. Rappresentare con verità storica, anche scomoda ai potenti di turno, la realtà contemporanea, rapportandola al passato e proiettandola al futuro. Per non reiterare vecchi errori. Perché la massa dimentica o non conosce. Denuncio i difetti e caldeggio i pregi italiani. Perché non abbiamo orgoglio e dignità per migliorarci e perché non sappiamo apprezzare, tutelare e promuovere quello che abbiamo ereditato dai nostri avi. Insomma, siamo bravi a farci del male e qualcuno deve pur essere diverso!

ANNO 2022 L'AMMINISTRAZIONE SECONDA PARTE

Milioni di anni fa i nostri progenitori si facevano strada nella savana africana e c'era poco da scommettere che sarebbero diventati la specie dominante sul pianeta; oggi siamo esperti di sopravvivenza nella giungla metropolitana e abbiamo stravolto l'ecosistema globale. Cosa ci ha permesso di compiere un simile balzo? Cosa riserva il futuro? Con La specie che cambia se stessa Edwin Gale intreccia storia, antropologia, epidemiologia e biologia per raccontare il modo in cui l'abbondanza materiale che abbiamo ottenuto grazie ai nostri progressi tecnici, scientifici e sociali ha mutato il nostro corpo e trasformato il pianeta in un ambiente modellato sulle nostre esigenze. Il controllo del fuoco prima e la Rivoluzione agricola del Neolitico poi hanno nutrito in modo sempre più efficiente una popolazione in crescita. La Rivoluzione industriale ha reso disponibile l'energia dei combustibili fossili e ha sancito il nostro predominio sulla natura. La medicina ha debellato gran parte delle malattie infettive, consentendo alla nostra specie di sfuggire ai vincoli della selezione naturale e favorendo l'incremento demografico. I cambiamenti nella nostra dieta, con l'introduzione di cibi cotti e cereali, hanno fatto allungare il nostro scheletro e stringere le mascelle, sviluppare corpi più grandi e perdere resistenza muscolare. Più che una specie naturale siamo ormai un prodotto della nostra cultura, come l'ambiente che ci circonda. La specie che cambia se stessa è il racconto di come siamo giunti all'abbondanza e alla prosperità materiale che contraddistingue la nostra era e di come questo processo abbia trasformato irreversibilmente noi e il pianeta. È uno stimolo a interrogarci su cosa siamo diventati e sulle conseguenze che le nostre azioni hanno sull'ambiente e sulle altre specie dei viventi. È un segnale di allarme per il futuro che ci attende se non riusciremo a rendere innocui i cambiamenti che abbiamo innescato.

La specie che cambia se stessa

“A whole brain/gut/body approach, conceptualized to calm the mind while simultaneously diminishing worry

and panic.” —The Thirty Your diet plays a dynamic role on mood, emotions and brain-signaling pathways. Since brain chemistry is complicated, The Anti-Anxiety Diet breaks down exactly what you need to know and how to achieve positive results. Integrative dietitian and food-as-medicine guru Ali Miller applies science-based functional medicine to create a system that addresses anxiety while applying a ketogenic low-carb approach. By adopting The Anti-Anxiety Diet, you will reduce inflammation, repair gut integrity and provide your body with necessary nutrients in abundance. This plan balances your hormones and stress chemicals to help you feel even-keeled and relaxed. The book provides quizzes as well as advanced lab and supplement recommendations to help you discover and address the root causes of your body’s imbalances. The Anti-Anxiety Diet’s healthy approach supports your brain signaling while satiating cravings. And it features fifty delicious recipes, including: Sweet Potato Avocado Toast Zesty Creamy Carrot Soup Chai Panna Cotta Matcha Green Smoothie Carnitas Burrito Bowl Curry Roasted Cauliflower Seaweed Turkey Roll-Ups Greek Deviled Eggs

The Ultimate Diet 2.0

Che cosa bisogna fare quando ci si ammala o per prevenire una patologia? I farmaci sono davvero l'unica soluzione? In questo libro Raffaele Morelli ci rivela come attivare le aree del cervello in grado di curarci, disturbo per disturbo. Perché la cura \"su misura\" esiste. Basta solo attivarla.

The Anti-Anxiety Diet

Do you sometimes catch yourself snacking when you’re not feeling hungry? Do you crave some foods more when you’re stressed, worried or unhappy? Do you feel you’ve lost control when you give in to a craving? Stop Eating Your Emotions will help you make peace with your body and transform your relationship with food to rediscover the pleasure of eating without guilt or anxiety. Equipped with vast experience supporting people who binge-eat or experience episodes of compulsive eating, Huot and Sénécal have developed exercises, tips and tools that are sensible and practical, and that work! By rethinking your relationship to food, reconnecting with your body’s natural signals and modifying the thoughts that cause anxiety, you can break the compulsive-eating cycle and enjoy your life. With a foreword by Sophie Grégoire-Trudeau

Chi ha detto che per dimagrire bisogna mangiare poco? Chi l'ha detto non conosce il metodo Zangirolami. Il metodo naturale per raggiungere il peso forma...

Psychotherapist and filmmaker Alejandro Jodorowsky offers strategies for using the power of dreams, theater, poetry, and shamanism to heal wounds and overcome psychological challenges.

Il cervello sa come curarti

Reshape your body and mind by eating light during the day and filling up at night—the core tenet of this revolutionary nutrition program based on survival science. Join Ori Hofmekler as he turns to history for a solution to obesity and its attendant ailments—back to the primal habits of early cultures like nomads, hunter-gatherers, the Greeks, and the Romans. Drawing on both survival science and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. A radical yet surprisingly simple lifestyle overhaul, the Warrior Diet Nutritional Program and the Controlling Fatigue Training Program can literally reshape your body! Inside, you’ll learn how to: • Find ideal fuel foods and food combinations to reduce body fat • Gain strength, speed, and resilience to fatigue through special drills • Prepare warrior meals and recipes • Increase sex drive, potency, and animal magnetism • Personalize the diet for your needs Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr. Udo Erasmus, The Warrior Diet shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health.

Stop Eating Your Emotions

Con oltre 100 ricette super easy! «Un libro che passa al setaccio abitudini (e credenze) alimentari.» Sette-Corriere della Sera «Un libro rivoluzionario: un approccio scientifico rigoroso, un linguaggio semplice e divertente, un metodo innovativo.» Donna Moderna Soffri di attacchi di fame, affaticamento cronico o dipendenza dallo zucchero? Ti capita di svegliarti al mattino senza energie? La maggior parte degli italiani è vittima degli sbalzi dovuti ai picchi del glucosio, e non lo sa. Grazie alla nuova scienza della nutrizione questo libro ti cambierà la vita. Con il metodo Glucose Goddess bastano 4 settimane per riequilibrare i livelli dello zucchero nel sangue, sentirti in forma e perdere peso senza fatica. In questo libro troverai un piano step-by-step per integrare nella vita quotidiana strategie semplici, basate sulla scienza e alla portata di tutti. Scoprirai che per eliminare gli attacchi di fame, aumentare l'energia, sentirti al massimo non è necessario cambiare radicalmente il tuo stile di vita, ma che bastano pochi trucchi trasformativi trucchi nutrizionali, già testati con successo da migliaia di persone. Contiene 100 deliziose ricette e un diario per registrare i progressi.

La domenica del Corriere supplemento illustrato del Corriere della sera

USA Today Bestseller Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book with more than 2 million copies sold. Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they've always wanted. Now, it's your turn. Hal's revolutionary S.A.V.E.R.S. method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day Exercise: Boost your mental and physical energy in as little as 60 seconds Reading: Acquire knowledge and expand your abilities by learning from experts Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than 40 pages of new content, including: The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

Psychomagic

Live healthier for longer with the international bestselling guide that will change your life 'The diet that holds the key to staying young . . . Dr Valter Longo is now considered one of the most influential voices in the 'fasting movement' The Times 'Dr Valter Longo is one of the real scientific pioneers when it comes to researching the impact of food on health' Dr Michael Mosley, bestselling author of The Fast Diet and The Clever Guts Diet _____ This is the clinically tested, revolutionary and straightforward diet to help you slow-down ageing, fight disease and lose weight. Following 30 years of research, Professor Valter Longo - a biochemist and one of the world's leading researchers into ageing - discovered that the secret of longevity lies in cellular regeneration triggered by a special diet. And that by adhering to his fasting-mimicking diet, we can heal ourselves through food. The Longevity Diet will guide you through the process with: - An easy-to-adopt lifetime plan - Fasting-mimicking diet 3-4 times a year, just 5 days at a time - 30 easy and delicious recipes based on Longo's 'Five Pillars of Longevity' In this lifelong, health-boosting plan, you will feel the benefits of fasting without the hunger and live a longer, healthier and more fulfilled life. And you'll get to try easy, plant-and-fish based recipes . . . - Great for the heart and rich in antioxidants: black rice with courgette and shrimp - For a good source of iron, snack on dark chocolate and yoghurt - For dessert try tangy dried cranberries and walnuts _____ Make simple changes that can extend your healthy lifespan * Prevent age-related muscle and bone loss * Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer * Maintain your ideal weight and reduce abdominal fat

Oggi

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking *Blood Sugar Solution* program, *The Blood Sugar Solution 10-Day Detox Diet* presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat -- especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, *The Blood Sugar Solution 10-Day Detox Diet* is the fastest way to lose weight, prevent disease, and feel your best.

L'Espresso

The simple, science-based, “Paleo perfected” (Vogue) diet that promotes effortless weight loss and peak health—written by two Harvard scientists. In *Perfect Health Diet*, Paul and Shou-Ching Jaminet explain in straightforward terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supporting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve. *Perfect Health Diet* makes weight loss effortless with a clear, balanced, and scientifically proven plan to change the way you eat—and feel—forever!

The Warrior Diet

Describes how to recover from allergic diseases using natural therapies and nutrition.

Panorama

Successful hair and makeup artist Bernadette Fisers had struggled with her weight for years. Things came to a head when her BMI hit 42 and she was officially labelled morbidly obese with a fatty liver, high blood pressure and pre-diabetes. She took matters into her own hands, interviewing the models she worked with and researching medical reports and health and nutrition papers, until finally creating a healthy lifestyle plan that worked long term. *The Little Book of Big Weightloss* is a no nonsense guide to radical and sustainable weight loss for anyone sick and tired of diet failure and confused by conflicting diet advice and complicated regimens. Based on a set of 31 food and lifestyle ‘rules’ this quick to read book offers a fresh ‘can do’ approach to dieting and sustainable health.

Il metodo Glucose Goddess®

"The Joint FAO/WHO Expert Consultation on Carbohydrates in Human Nutrition was held in Rome from 14 to 18 April 1997"--P. xv.

The Miracle Morning (Updated and Expanded Edition)

Noi siamo quello che altri hanno voluto che diventassimo. Facciamo in modo che diventiamo quello che noi
(rafforzativo di saremmo) voluto diventare.

The Longevity Diet

Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but

many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults.

The Blood Sugar Solution 10-Day Detox Diet

This 2002 book is a guide to Italian usage for students who have already acquired the basics of the language and wish to extend their knowledge. Unlike conventional grammars, it gives special attention to those areas of vocabulary and grammar which cause most difficulty to English-speakers. Careful consideration is given throughout to questions of style, register, and politeness which are essential to achieving an appropriate level of formality or informality in writing and speech. It surveys the contemporary linguistic scene in Italy and gives ample space to the new varieties of Italian that are emerging in modern Italy. The influence of the dialects in shaping the development of Italian is also acknowledged. Clear, readable and easy to consult via its two indexes, this is an essential reference for learners seeking access to the finer nuances of the Italian language.

Perfect Health Diet

One of the New York Times's Ten Best Books of the Year: These traditional stories of Italy, retold by a literary master, are "a treasure" (Los Angeles Times). Filled with kings and peasants, saints and ogres—as well as some quite extraordinary plants and animals—these two hundred tales bring to life Italy's folklore, sometimes with earthy humor, sometimes with noble mystery, and sometimes with the playfulness of sheer nonsense. Selected and retold by one of the country's greatest literary icons, "this collection stands with the finest folktale collections anywhere" (The New York Times Book Review). "For readers of any age . . . A masterwork." —The Wall Street Journal "A magic book, and a classic to boot." —Time

Allergies Disease in Disguise

The second edition of this collection of 13 original papers contains an updated introductory section detailing the significance that the original articles published in 1992 have for the further development of research into linguistic politeness into the 21st century. The original articles focus on the phenomenon of politeness in language. They present the most important problems in developing a theory of linguistic politeness, which must deal with the crucial differences between lay notions of politeness in different cultures and the term 'politeness' as a concept within a theory of linguistic politeness. The universal validity of the term itself is called into question, as are models such as those developed by Brown and Levinson, Lakoff, and Leech. New approaches are suggested. In addition to this theoretical discussion, an empirical section presents a number of case studies and research projects in linguistic politeness. These show what has been achieved within current models and what still remains to be done, in particular with reference to cross-cultural studies in politeness and differences between a Western and a non-Western approach to the subject. The publication of this second edition demonstrates that the significance of the collection is just as salient in the first decade of the new millennium as it was at the beginning of the 1990s.

The Little Book of Big Weightloss

This publication is a derived version of the International Classification of Functioning, Disability and Health (ICF, WHO, 2001) designed to record characteristics of the developing child and the influence of environments surrounding the child . This derived version of the ICF can be used by providers, consumers and all those concerned with the health, education, and well being of children and youth. It provides a common and universal language for clinical, public health, and research applications to facilitate the documentation and measurement of health and disability in child and youth populations.--Publisher's description.

Carbohydrates in Human Nutrition

In this stunningly original book, Richard Wrangham argues that it was cooking that caused the extraordinary transformation of our ancestors from apelike beings to *Homo erectus*. At the heart of *Catching Fire* lies an explosive new idea: the habit of eating cooked rather than raw food permitted the digestive tract to shrink and the human brain to grow, helped structure human society, and created the male-female division of labour. As our ancestors adapted to using fire, humans emerged as "the cooking apes". Covering everything from food-labelling and overweight pets to raw-food faddists, *Catching Fire* offers a startlingly original argument about how we came to be the social, intelligent, and sexual species we are today. "This notion is surprising, fresh and, in the hands of Richard Wrangham, utterly persuasive ... Big, new ideas do not come along often in evolution these days, but this is one." -Matt Ridley, author of *Genome*

ANNO 2019 L'AMBIENTE

"Dr. Botkin has hit upon a fascinating and powerful new tool that may not only help clients cope with their losses, but also breaks new ground in understanding life and death." —Bruce Greyson, MD, bestselling author of *After* "A must read for all serious students of death and dying." —Raymond Moody, MD, PhD Induced After Death Communication (IADC) is a therapy for grief and trauma that has helped thousands of people come to terms with their loss by allowing them the experience of private communication with their departed loved ones. This is the definitive book on the subject. Botkin, a clinical psychologist, created the therapy while counseling Vietnam veterans in his work at a Chicago area VA hospital. Botkin recounts his initial—accidental—discovery of IADC during therapy sessions with Sam, a Vietnam vet haunted by the memory of a Vietnamese girl he couldn't save. During the session, quite unexpectedly, Sam saw a vision of the girl's spirit, who told him everything was okay; she was at peace now. This single moment surpassed months--years--of therapy, and allowed Sam to reconnect with his family. Since that 1995 discovery, Botkin has used IADC to successfully treat countless patients—the book includes dozens of case examples—and has taught the procedure to therapists around the country. This is the inside story of a revolutionary therapy that will profoundly affect how grief and trauma are understood and treated.

Providing Healthy and Safe Foods As We Age

Don't lose the will to become the person you want to be. Choose to Lose the weight, and start the next chapter of your life as the person you know you truly are. EAT MORE CARBS BURN FAT BUILD MUSCLE QUICK-FIX RECIPES NO GYM REQUIRED CHEAT EVERY OTHER DAY From celebrated fitness trainer Chris Powell, star of ABC's *Extreme Makeover: Weight Loss Edition*, comes this inspirational weight loss book to help anyone conquer their weight. You've seen him change lives on television. Now, in *Choose to Lose*, Powell presents fast and easy workouts, diet guidance, basic recipes, and insight into finding the true transformation mindset. Following his Carb Cycle Solution, you can drop pounds safely and quickly while learning how to 'listen to your body' to optimize your overall health and fitness. Powell's easy-to-follow Carb Cycle Solution contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only are you encouraged to eat carbs, but he will show you how to use them to amplify your weekly weight loss. By cycling between high-carb and low-carb days, your body will alternate boosting metabolism one day and burning fat the next. You will never feel deprived of the foods you love because you can fine-tune the solution to suit your needs. Powell gives you complete control over your nutrition, plus plenty of opportunities to indulge, and offers many delicious recipes to help you stay on track. If you work it, the Carb Cycle Solution may very well work for you—for the rest of your life. With detailed exercises and accompanying photographs, as well as guidelines on how to revamp your environment, support system, and more, Powell not only shows you how to lose pounds, but also works with you as a coach and mentor, teaching you how to finally take control of the incredible machine that is your body. His words of encouragement will be there day after day as you build unstoppable momentum, guiding your body toward your ideal weight. Great physical change begins with a psychological one: change your mind, change your body.

Grande dizionario della lingua italiana

Using Italian

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