



Skinny habits: Los 6 secretos de las personas delgadas (Spanish Edition)

Bob Harper

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De Bob Harper, autor bestseller de *The New York Times* y entrenador del *reality* más exitoso para perder peso, *The Biggest Loser*.

***Skinny Habits* te enseña los seis hábitos que siguen las personas delgadas para nutrir su cerebro, ejercer control sobre las cosas que eligen comer, y modificar su alimentación, su entorno y su vida.**

Bob Harper, el entrenador del programa de televisión *The Biggest Loser*, nos revela el comportamiento y los secretos de quienes no sólo pierden peso, sino que se mantienen delgados. ¡Y lo hacen ver fácil!

Después de ayudar a innumerables hombres y mujeres a alcanzar sus objetivos de pérdida de peso, Bob Harper nos revela, por medio de historias entretenidas, con la propuesta de soluciones realistas y echando mano de las últimas investigaciones en psicología y neurociencias, 6 hábitos fundamentales que siguen quienes triunfan a largo plazo:

- Prepara planes de contingencia.
- Retrocede de manera consciente.
- Rediseña tu ambiente.
- Rétate a ti mismo.
- Descansa para tener éxito.
- Vístete para adelgazar.

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