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Lire des ebooks Enfin je maigris ! Dr Jean-Marc Benhaiem PDF, ePub, mobi, Vouloir maigrir est une chose, encore faut-il avoir le déclic !L'auto-hypnose, nouvelle technique mise au point par l'une des équipes de l'hôpital de La Pitié-Salpêtrière, révolutionne l'approche traditionnelle de l'amincissement. Grâce à des exercices simples, sans douleur et sans régime, vous apprenez à vaincre le grignotage compulsif, vous vous libérez progressivement des envies incontrôlables de sucre ou de gras. Une solution pour retrouver son équilibre physiologique, stabiliser son métabolisme et reprendre le contrôle de sa vie. Dans ce livre, le Dr Jean-Marc Benhaiem propose des exercices nombreux et variés qui tiennent compte de la diversité des personnes en surpoids, afin que chacune trouve la méthode adaptée à son profil.

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