



Glow: Gut essen, glücklich leben - Jünger, schlanker und gesünder - in 10 einfachen Schritten (German Edition)

Amelia Freer

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Die 10 Geheimnisse für ein gesundes und glückliches Leben

Stars wie Sam Smith oder Boy George schwören auf sie. Nun verrät die Ernährungstherapeutin Amelia Freer ihre wirkungsvolle Foodphilosophie und lüftet das Geheimnis, wie man von innen heraus strahlt. Mithilfe von zehn einfachen Schritten kann jeder Ernährung, Gesundheit und Leben positiv verändern, sodass überflüssige Pfunde, körperliche Beschwerden und Antriebslosigkeit der Vergangenheit angehören. Ihre raffinierten Rezepte zeigen, wie man sich gesund und voller Genuss ernährt. Gut essen war noch nie so einfach, und der Lohn dafür noch nie so groß!

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