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# Maigrir Cest Dans La Tecirccte

**Gérard Apfeldorfer**



## **Maigrir Cest Dans La Tête:**

*Maigrir, c'est dans la tête* Gérard Apfeldorfer, 2004-04 Pour maigrir il ne suffit pas de perdre des kilos C est aussi dans la tête que cela se passe dans l image que vous avez de vous même dans vos relations avec les autres Devenir mince et le rester voilà une formidable aventure au cours de laquelle sept clés vous seront nécessaires La clé de la décision La clé du comportement alimentaire La clé de la motivation La clé de la nutrition La clé de l existence de soi La clé du corps La clé de la vie Ce livre pratique vous aidera à réussir votre métamorphose et devenir l auteur de votre propre vie Ces livres qui changent la vie Psychologie Magazine Mécénat psychiatre et psychothérapeute Gérard Apfeldorfer est membre de l Association française de thérapie comportementale et cognitive Spécialiste des troubles du comportement alimentaire il est l auteur aux éditions Odile Jacob de *Maigrir c est fou et de Les Relations durables* Maigrir, c'est dans la tête. Edition 2001 Gérard Apfeldorfer, 2001 Peut-être croyez-vous que lorsqu on est gros il suffit de perdre des kilos pour devenir une personne mince Peut-être croyez-vous que pour maigrir il suffit de faire un régime Peut-être croyez-vous comme la plupart des gens qu une fois les kilos perdus la vie continue comme avant mieux qu avant Ce n est sans doute pas un hasard si tant de personnes pourtant motivées ne parviennent pas à maigrir ou bien reprennent rapidement des kilos perdus En fait devenir une personne mince et le rester constitue un long périple et une formidable aventure Car sept clés vous seront nécessaires pour ouvrir les portes de la minceur Ce livre vous guidera dans vos efforts vous aidera à réussir votre métamorphose et devenir l auteur de votre propre vie

## The Enigmatic Realm of **Maigrir Cest Dans La Tecircte**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Maigrir Cest Dans La Tecircte** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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