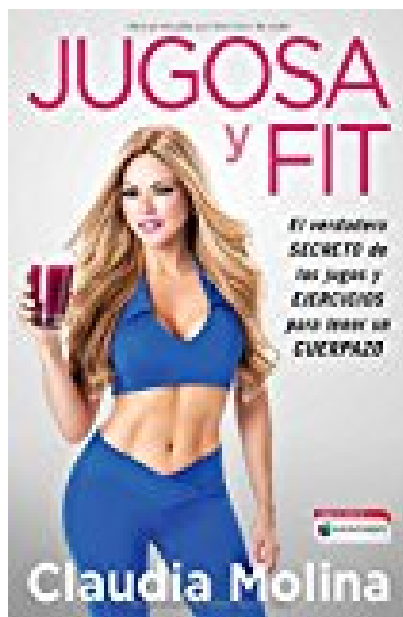


# Jugosa y fit El verdadero secreto de los jugos y ejercicios para tener un cuerpazo Atria Espanol Spanish Edition

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## BOOK DETAILS

- Author : Claudia Molina
- Pages : 224 Pages
- Publisher : Atria Books
- Language : Spanish
- ISBN : 1501104918

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## **BOOK SYNOPSIS**

By picking up this book, you have just taken the first and most important step to losing weight and staying healthy. Certified personal trainer and holistic health coach Ingrid Macher has spent years figuring out what works and what doesn't when it comes to weight loss. For the first time in English, she shares her secrets on how she lost over 50 pounds in 90 days—and kept it off! Don't think of this as a diet. Instead, use it as a manual to help you kick-start your new lifestyle, with Ingrid's simple, step-by-step tips. You will never look—or feel—the same again!

### **JUGOSA Y FIT EL VERDADERO SECRETO DE LOS JUGOS Y EJERCICIOS PARA TENER UN CUERPAZO ATRIA ESPANOL SPANISH EDITION**

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