



Essen statt stressen: Ganz entspannt abnehmen (German Edition)

Martin Kunz

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Die wahren Ursachen für Extra-Pfunde und Übergewicht erkennen und schlank werden

Wer entspannt lebt, isst richtig: Martin Kunz zeigt, wie man ganz ohne hungern abspeckt. Neben einem optimierten Speiseplan ist allerdings vor allem eine ausgefeilte psychologische Strategie nötig, um den Körper in Bestform zu bringen. Denn neueste Forschungsergebnisse zeigen, dass permanente Fett- und Zucker-Snacks genauso süchtig machen können wie das Nikotin einer Zigarette.

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