



Mach Das!: Die ultimative Physik des Abnehmens (German Edition)

Martin Apolin

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Was haben eigentlich ein Mensch und ein Donut gemeinsam?

Wie weit muss man laufen, um den Nährwert eines Biers abzuarbeiten?

Und warum bloß schützt unser Körper seine Fettreserven so vehement?

Martin Apolin hat nicht nur auf diese Fragen eine schlüssige Antwort parat. Er stellt darüber hinaus klar: Es gibt im Prinzip nur eine Regel, die man beachten muss, um abzunehmen. Und die ist verdammt einfach.

Soviel sei verraten: Vergessen Sie Diäten! Um Gewicht zu verlieren, müssen Sie nicht tagelang Kohlsuppe löffeln, brauchen abends nicht mit knurrendem Magen ins Bett zu gehen und auch nicht auf Ihre geliebten Kohlenhydrate verzichten.

Humorvoll, unterhaltsam und fundiert erklärt Apolin, wie sich mit den Erkenntnissen aus Physik und Medizin viele Ernährungslügen wissenschaftlich widerlegen lassen – und wie Sie wirklich dauerhaft und unkompliziert abnehmen.

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Jose Goodell:

Spent a free time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? May be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled Mach Das!: Die ultimative Physik des Abnehmens (German Edition) can be very good book to read. May be it can be best activity to you.

Leonard Bassett:

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Ronald Johnson:

As a university student exactly feel bored to reading. If their teacher expected them to go to the library or to make summary for some book, they are complained. Just small students that has reading's spirit or real their interest. They just do what the teacher want, like asked to go to the library. They go to there but nothing reading really. Any students feel that looking at is not important, boring along with can't see colorful images on there. Yeah, it is to get complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. So , this Mach Das!: Die ultimative Physik des Abnehmens (German Edition) can make you experience more interested to read.

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