

Superando la obesidad. Un camino lleno de sueños y metas (Spanish Edition)

By Fran Jm Carmona Jordán

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Soy Fran y en este libro cuento mi historia de cómo pasé de ser una persona obesa a ser una persona en su peso saludable. Gracias al esfuerzo y la constancia, he llegado a superar esta enfermedad. Aunque muchos digan que parece un milagro, no se trata de eso, sino de que he tenido claro mi objetivo después de tantos fracasos. Llegué a pesar 245 kg por dejarme y descuidarme tanto física como emocionalmente. Sí, has leído bien: he llegado a pesar esa barbaridad de kilos. Es mucho hasta para alguien tan alto como yo, que mido 1,93 m. No he llegado a perder 130 kg de un día para otro, la totalidad de este proceso ha sido todo un aprendizaje y aún lo sigue siendo. Y en este libro quiero contar estas experiencias.

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- Sales Rank: #7526133 in Books
- Published on: 2015-10-22
- Released on: 2015-10-22
- Original language: Spanish
- Dimensions: 8.43" h x .32" w x 6.07" l,
- Binding: Paperback
- 134 pages

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