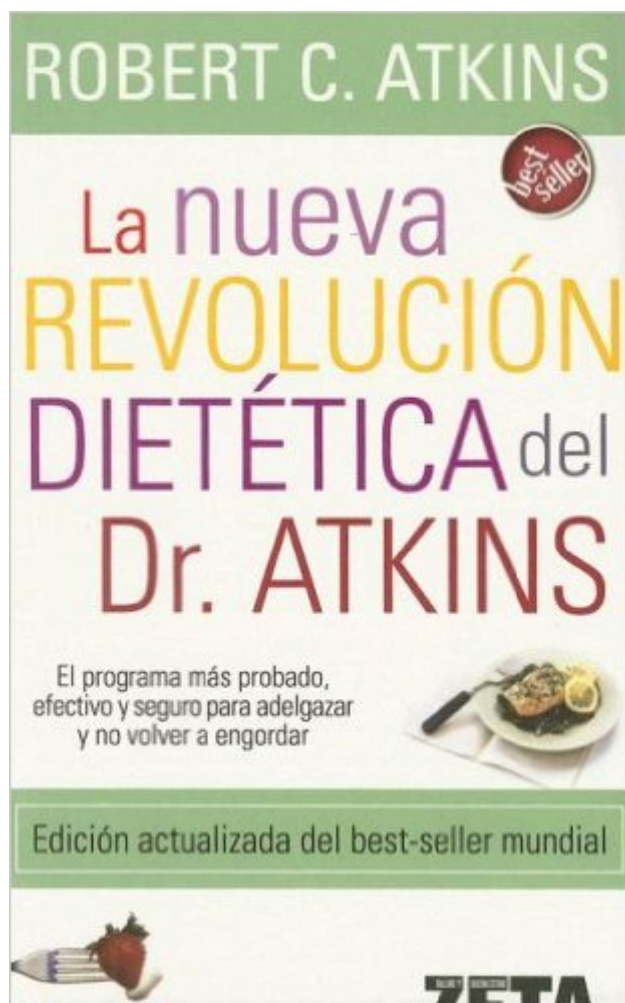


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La Nueva Revolucion Dietetica Del Dr. Atkons/ Dr. Atkins's New Diet Revolution (Spanish Edition)



Synopsis

El programa dietético Atkins es una auténtica bomba en el panorama variopinto de las dietas actuales. Lo esencial, para el Dr. Atkins, no es comer poco y mal, sino comprender la base metabólica del problema. Apetitosas recetas incluidas en este libro. --This text refers to an out of print or unavailable edition of this title.

Book Information

Paperback: 661 pages

Publisher: Zeta Bolsillo (May 30, 2007)

Language: Spanish

ISBN-10: 8496546438

ISBN-13: 978-8496546431

Product Dimensions: 7.9 x 5 x 1.6 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,497,361 in Books (See Top 100 in Books) #213 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet](#) #366 in [Books > Libros en español > Salud, mente y cuerpo > Nutrición](#) #424 in [Books > Libros en español > Salud, mente y cuerpo > Dietas y Perdida de Peso](#)

Customer Reviews

This is an excellent book. I have lost 20-lbs (from 167 - 147) and I just couldn't lose more than 5-lbs on low calorie diets. This one works and I'm never hungry because of the diet. I bought this book for a dear friend of mine who only reads in spanish. I don't know if she'll be able to do the diet or not because of tortillas and black beans (she has a husband and two children). We'll see how she does :)

I bought this book for a spanish speaking/reading co-worker that was interested in how I lost 54 lbs. I tried my best to explain the diet in spanish, but I found it much easier to buy her the spanish version of my book. It was the best gift I could have bought her. I highly recommend this book to all your non english speaking/reading friends that are interested in this diet!

Se puede peso quitando todos los carbohidratos de la dieta? Si. Es posible mantener esa dieta de por vida? Muy dificil. Se recupera el peso al volver a comer carbohidratos y azucares (incluso jugo

de naranja es un 'no no'). SI.

This is not the last version of the book, this one was written 14 years ago, there is another version!!

I got the book fast and in the conditions that were expected. I am satisfied.

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