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## Apprenez le jeûne



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Une semaine de jeûne allège le corps et l'esprit, fait perdre les graisses superflues et vous aide à être parfaitement à l'écoute de votre organisme.

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Dans cet ebook, vous apprendrez notamment :

- comment choisir votre période, votre durée
- comment bien vous préparer
- comment suivre un programme de sept jours
- comment dynamiser votre quotidien par un jeûne annuel
- comment amoindrir puis supprimer la sensation de faim

Et bien d'autres choses encore.

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