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INCLUS : des QR codes avec 10 vidéos pour vous aider !

Mincir oui ! mais pas en faisant n'importe quoi ! Avec le Dr Jean-Michel Cohen, apprenez ou réapprenez les bases de l'alimentation et appliquez sa nouvelle méthode pour perdre du poids. Avec les menus et idées de recettes, vous serez guidé au quotidien ! Une perte de confiance ? Une baisse de moral ? Visionnez les vidéos du Dr Cohen grâce aux QR codes inclus dans le livre : vous serez remotivés comme jamais !

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