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En traitant mon problème de surpoids comme un problème d'addiction, et en changeant mes habitudes alimentaires, j'ai réussi, en 6 mois à perdre 25 kilos sans ressentir le moindre manque...

Inspiré par mes lectures et adapté à ma situation, voici donc le récit de cette aventure que je croyais tout simplement

impossible à réaliser !

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