



Abnehmen ohne Diät (German Edition)

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'Abnehmen ohne Diät - das ist doch gar nicht möglich!'

Diese Meinung vertreten viele Menschen. Dabei unterliegen sie allerdings einem Missverständnis: Viele gängige Diätmethoden helfen lediglich kurzfristig dabei, Gewicht zu verlieren. Das Wunschgewicht danach auch zu halten, ermöglichen sie nicht: Allzu oft gewinnt man die verlorenen Pfunde in kürzester Zeit zurück.

Das Erreichen und Halten des Wunschgewichts erfordert keine Modediät, wohl aber die Bereitschaft, viel Zeit und Energie zu investieren. In diesem Buch finden Sie Vorschläge zur dauerhaften Änderung Ihrer Essgewohnheiten, aber auch Tipps zur 'Ursachenforschung':

Oft stecken psychische Belastungen oder ungeklärte Probleme hinter einem ungesunden Essverhalten. Auch erlernte Verhaltensmuster können ein Faktor sein. In einer Übersicht finden Sie hier eine Zusammenstellung möglicher Ursachen für Übergewicht.

Die Basis der Gewichtsreduktion sind Sport und gesunde Ernährung. In diesem Buch erhalten Sie Tipps zu einer ausgewogenen Ernährung und Informationen zu den wichtigsten Nährstoffen. Darüber hinaus lernen Sie Sportarten kennen, die auch für Untrainierte geeignet sind. Sie bekommen zudem einen Überblick über die bekanntesten Diätmethoden und ihre Risiken.

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