



Transforma tu Cuerpo, Alma y Espiritu by Frank Cabrera: Como encontrar ese motivo interno para mantenerte en tu peso ideal luego de lograr tu meta. (Volume 1) (Spanish Edition)

Mr Frank A. Cabrera M

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En este libro encontraremos detalles, ideas, formas y ejemplos de como tu vida puede cambiar desde el punto de vista para mejorar tu salud, eliminando el sobrepeso y a la misma vez mejorando tu nutricion y asi adquirir una mejor calidad de vida.



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