

Ce livre a été publié par bookelis.

Hello to you, reader who has made the choice of tips, didactic and effective concerning your weight loss.

I deliberately chose to write an extremely short book, as short and condensed as possible, which explains why it is only a few pages long.

However, make no mistake, I have done an ultra condensed of what needs to be done to optimize weight loss and quickly.

In the following pages, you will find the elements to apply in order to achieve a fast and effective weight loss.

Nevertheless, as with any advice, it is important to act sparingly and with respect for the constraints and safety of each individual.

This pensum is divided into 10 parts, namely:

- 1. Stretching
- 2. The young intermittent
- 3. The sleep
- 4. Foods to be deleted
- 5. Foods to be reduced
- 6. Foods to consume
- 7. The essential role of water
- 8. The sport