



Skinny Bastard: Una patada en el trasero para los hombres de verdad que quieren dejar de ser gordos y ponerse en forma. (Spanish Edition)

Rory Freedman, Kim Barnouin

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Comer saludable no es sólo cosa de mujeres

Dile adiós a tus kilos de más y hola a la satisfacción de tener un cuerpo en forma

Cientos de miles de mujeres han sido inspiradas para ser realistas acerca de los alimentos que comen después de leer el manifiesto de *Skinny Bitch*. Y algunos hombres han estado leyendo sobre los hombros de sus novias, tal es el caso de atletas profesionales como Prince Fielder y Jerry Stackhouse que han adoptado un nuevo plan de alimentación gracias a este libro.

Las autoras, Rory Freedman y Kim Barnouin, creen que es hora de que los hombres tengan un libro propio. En *Skinny Bastard*, explican por qué la "carne con papas" es veneno para el organismo, el por qué tener pancita es poco *cool*, y cómo obtener beneficio sobre los alimentos adecuados. Comer bien no debe ser una cosa de mujeres y las autoras te darán una orientación sólida, directa y con un lenguaje cercano.

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