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Dr. Pierre Dukan passou trinta anos aprimorando o seu método de emagrecimento: a Dieta Dukan, que ficou conhecida no mundo através do best-seller Eu não consigo emagrecer. Em 60 dias comigo, é possível perder até 10kg com cardápios diários e dicas do Dr. Pierre Dukan que incluem um programa de exercícios, informações nutricionais e até textos motivacionais. Com esse livro, organizado como um diário de bordo para os primeiros sessenta dias da dieta, ficou ainda mais fácil emagrecer seguindo o Método Dukan.

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