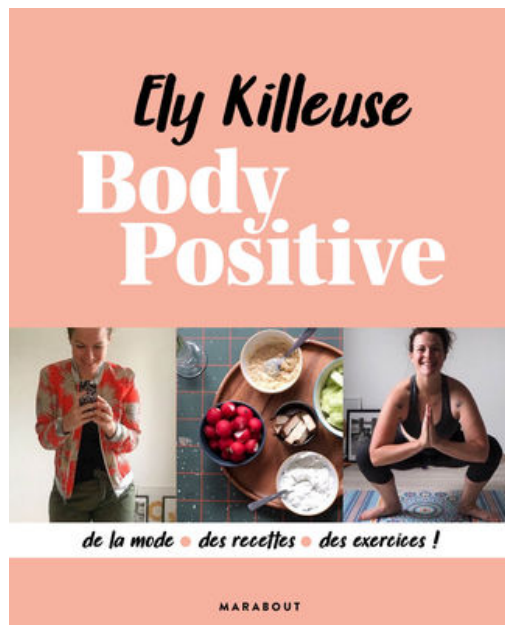


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Ras-le bol des corps parfaits sur Instagram ! La bloggeuse Ely Killeuse est l'initiatrice du mouvement #bodypositive en France, et elle nous raconte sa prise de conscience. Elle nous montre dans ce livre comment adhérer à la bodypositive attitude, grâce aux trois piliers de la nutrition équilibrée, du mental positif et du sport-plaisir. Le tout avec énormément d'informations pratiques : conseils en image et en style, astuces pour développer sa confiance en soi, bonnes idées, recettes et menus sans et sans prise de tête mais aussi un programme d'exercice pour trouver quel est le sport qui est fait pour vous. Quiz et focus rythme le texte pour avoir toujours plus d'astuces en s'amusant !

<b>Title</b>	:	Body positive
<b>Author</b>	:	Ely Killeuse
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