



LIBERAMENTEMAGRI, la storia (Italian Edition)

Marco Boccotti

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Questo breve racconto parla in modo emozionante e coinvolgente della reale esperienza di Marco che, giovane chef di successo con a disposizione tutto ciò che la vita ha di meglio da offrire, a poco più che trent'anni si scopre grasso ed inesorabilmente destinato ad ingrassare sempre di più.

Racconta di come il suo sovrappeso si sia trasformato in un tormento personale e di come, reduce da sette anni di inutili e frustranti diete, si sentisse alla fine sconfitto, ormai alla deriva e senza speranza di miglioramento.

Un giorno, però, una celebre frase gli apre gli occhi e gli permette di cambiare vita e di vincere: dimagrisce e lo fa con gioia, stupisce con il suo travolgente entusiasmo che lo porta a condividere con gli altri il suo successo.

Fonda Liberamentemagri, un metodo innovativo per tornare in forma in modo definitivo ed in armonia con il proprio corpo e la propria mente. Non una dieta, ma un percorso di amore verso se stessi e la vita, un percorso che ti ricorda di essere sempre straordinario con te stesso, un percorso che ti aiuta a trasformarti nella meravigliosa farfalla che meriti di essere...

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