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Low Carb Backen: 55 Verlockend Sue Rezeptideen, Ohne Zucker Fur Stressfreien Genuss (Paperback)

By Theresa Blum

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: German . Brand New Book ***** Print on Demand *****.Du suchst vortreffliche Backrezepte, willst Dich kohlenhydratarm ernahren und trotzdem genieen? Dann lies weiter. Schluss mit: zu engen Jeans Aufschieberitis körperlicher Unzufriedenheit seelischen Kummer Unentschlossenheit Du bist Dir mehr wert! Kennst Du das? Du stehst Morgens auf, schaust in den Spiegel und ein plotzliches Gefühl der Unbehagenheit kommt auf.Du gehst an einen heien Sommertag baden und fühlst Dich oberkörperfrei einfach nicht wohl.Oder Du ziehst Dich in einer Sportumkleide um und hast das Gefühl Jeder starrt Dich verurteilend an? Ich wei wie es sich anfuht sich unwohl im eigenen Korper zu fuhlen. Die Unsicherheit, das fehlende Selbstbewusstsein und die mangelnde Selbstliebe haben mich verrückt getrieben! Ich kenne genau den Neid und die Eifersucht gegenüber Leuten mit einem attraktiven Korper und ich wei wie schlecht man sich dabei fuht. Ich habe jahrelang unter Übergewicht gelitten. Ich war standig besorgt um mein Erscheinungsbild und konnte nie Frieden finden mit meinem Korper. Eine andauernde Unsicherheit und Last trug ich mit mir mit. Mein Übergewicht blockierte mein ganzes Leben. Unentschlossenheit, soziale Angste und ein geringes Selbstbewusstsein waren nur einige Folgen meiner Korperfulle. Bis ich die Entscheidung traf...



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