



Bulimia Come lo yoga mi ha aiutato (Italian Edition)

Roberta Grova

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A 20 anni ho avuto la bulimia. Lo yoga mi ha aiutato tanto. Oggi sono un'insegnante yoga. Alla luce di quella esperienza ho scritto questo libro, con la speranza che anche voi possiate trovare nello yoga un valido sostegno. Basta veramente poco per svolgere gli esercizi indicati nel libro. Sono sufficienti abiti comodi, un tappetino e un angolo in una stanza. Non ponetevi obbiettivi irraggiungibili ma neanche limiti dettati dalla vostra mente.

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The book Bulimia Come lo yoga mi ha aiutato (Italian Edition) has a lot of knowledge on it. So when you read this book you can get a lot of gain. The book was published by the very famous author. The author makes some research before write this book. This book very easy to read you will get the point easily after scanning this book.

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