



7 Abitudini che favoriscono salute, benessere e forma fisica (Italian Edition)

Luciano P. Di Emilio

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Il libro nasce dall'obiettivo di favorire la fruizione dei contenuti pubblicati sul sito, sulla base dei riscontri positivi ottenuti da coloro che seguono la newsletter.

Nella prima parte del libro sono presentate le 7 abitudini che favoriscono salute, benessere e forma fisica. La seconda parte del libro mostra i benefici che si ottengono dalla pratica quotidiana dello sport, da un corretto riposo e dalla sana alimentazione.

I contenuti del libro sono concentrati su pratica e benefici, con lo scopo di evidenziare i concetti fondamentali e favorirne l'acquisizione.

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