

## Simplifica Tu Cocina: La Guía Definitiva Para Crear Hábitos Alimenticios Que Se Adapten a Ti (Paperback)



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### ***Reviews***

*A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).  
(Santina Sanford)*

## SIMPLIFICA TU COCINA: LA GUÍA DEFINITIVA PARA CREAR HÁBITOS ALIMENTICIOS QUE SE ADAPTEN A TI (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: Spanish . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.La cocina es un punto neuralgico en tu casa y en tu alimentacion. Sin una organizacion inteligente de este lugar, cualquier cambio en tu alimentacion fracasara necesariamente. Los viejos habitos volveran a atraparte en tu cocina y todo seguira igual. Te puedes resignar ante este panorama, o puedes cambiar de enfoque y empezar desde la cocina. Este libro te propone una solucion diferente: aprende a dominar tu cocina para hacerla tu aliada en tu cambio de alimentacion. Este libro te ayudara a planificar un cambio permanente. 1. Tu vision Define lo que quieres conseguir para alinear tu cocina con este objetivo final, por ejemplo - cambiar a una dieta especifica - enseñar a tu hijo a cocinar - introducir mas platos caseros 2. Las habilidades Reconoce tus habilidades para poder conquistar la cocina. Saca partido a lo que ya sabes y aprende unicamente lo que realmente te hace falta. 3. Los incentivos Descubre lo que te mueve y como aprovechar estos impulsos. La motivacion se puede disenar con antelacion. 4. Los recursos Revisa las herramientas disponibles y deshazte de lo que no necesitas. Abre espacio en tus armarios y en la despensa. 5. La planificacion Traza tu estrategia y pasa a la accion. Basado en las estrategias del minimalismo y de una vida centrada en lo esencial, este libro te ayudara a reorganizar tu cocina e integrarla con tus deseos de alimentacion. Se tu quien decide como, cuando y que comer.

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