

# Maigrir Sans Régime Zermati Gratuit

## Jean-Philippe Zermati

*Maigrir sans régime* Jean-Philippe Zermati, 2011-02-17 Maigrir sans régime est plus nécessaire aujourd'hui que jamais. Et si pour cela il suffisait de faire la paix avec la nourriture et avec soi-même pour maigrir jusqu'à son poids d'équilibre ? Pour beaucoup d'entre nous, la vie s'est transformée en guérilla contre la nourriture et contre nous-mêmes. Mais renoncer au régime n'est pas renoncer à maigrir. Notre corps possède en lui la capacité et la « sagesse » de se réguler. Oublions ce que nous savons sur la sacro-sainte diététique pour découvrir les secrets de la faim, du plaisir et de la satiété. Il est possible d'apprendre à se comporter comme un mangeur normal. Et de maigrir grâce à cela ! Jean-Philippe Zermati nous propose une approche scientifiquement étayée. Pour perdre du poids durablement, une autre solution est possible. Suivez le guide... Dans ce livre, un code d'accès vous permet d'accéder à un site Web pour bénéficier d'une analyse personnalisée de votre comportement alimentaire. Jean-Philippe Zermati est médecin nutritionniste, thérapeute comportementaliste, spécialiste des troubles du comportement alimentaire. Il est cofondateur et président d'honneur du GROS (Groupe de réflexion sur l'obésité et le surpoids), association qui développe des traitements psychonutritionnels du surpoids et du comportement alimentaire. Il a notamment écrit *Maigrir sans regrossir*. Est-ce possible ? et dirigé avec Gérard Apfeldorfer et Bernard Waysfeld *Traiter l'obésité et le surpoids*.

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