



# **Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition)**

*Bob Harper, Greg Crister*

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De Bob Harper, autor bestseller de The New York Times y entrenador del reality más exitoso para perder peso, **The Biggest Loser**.

**Skinny Habits te enseña los 6 hábitos que siguen las personas delgadas para nutrir su cerebro, ejercer control sobre las cosas que eligen comer, y modificar su alimentación, su entorno y su vida.**

Bob Harper, el entrenador del programa de televisión **The Biggest Loser**, nos revela el comportamiento y los secretos de quienes no sólo pierden peso, sino que se mantienen delgados. ¡Y lo hacen ver fácil!

Después de ayudar a innumerables hombres y mujeres a alcanzar sus objetivos de pérdida de peso, Bob Harper nos revela, por medio de historias entretenidas, con la propuesta de soluciones realistas y echando mano de las últimas investigaciones en psicología y neurociencias, 6 hábitos fundamentales que siguen quienes triunfan a largo plazo:

- Prepara planes de contingencia.
- Retrocede de manera consciente.
- Rediseña tu ambiente.
- Rétate a ti mismo.
- Descansa para tener éxito.
- Vístete para adelgazar.

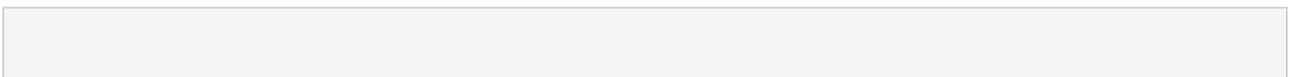
## **ENGLISH DESCRIPTION**

In Bob Harper's #1 New York Times bestselling book **The Skinny Rules**, the trusted trainer and coach of NBC's **The Biggest Loser** laid out the twenty nonnegotiable eating rules for getting thin.

In the process of helping countless men and women reach their weight loss goals, Harper has noticed six fundamental patterns in the lifestyle choices of those who succeed long-term—from the unique way they plan ahead to how they organize their environment and social calendars to even the way they dress.

With his signature authority, colorful stories, and real-world solutions, Harper draws on the most up-to-date research related to habit formation, neuroplasticity, and cognitive behavioral psychology to show how feeding your brain—"the muscle between your ears"—can wield as much control over your weight as what you put in your mouth.

With anecdotes about his clients, guided steps for adopting your new practices, and tips for integrating them into your own daily routine, **Skinny Habits** has everything you need to shape your body and your life!



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### **From reader reviews:**

#### **Warren Damron:**

The knowledge that you get from Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition) may be the more deep you digging the information that hide into the words the more you get serious about reading it. It doesn't mean that this book is hard to understand but Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition) giving you enjoyment feeling of reading. The author conveys their point in specific way that can be understood simply by anyone who read the item because the author of this reserve is well-known enough. That book also makes your vocabulary increase well. It is therefore easy to understand then can go along with you, both in printed or e-book style are available. We advise you for having this specific Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition) instantly.

#### **Walter Berry:**

Do you have something that you want such as book? The reserve lovers usually prefer to select book like comic, short story and the biggest an example may be novel. Now, why not striving Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition) that give your fun preference will be satisfied simply by reading this book. Reading routine all over the world can be said as the method for people to know world better then how they react toward the world. It can't be claimed constantly that reading addiction only for the geeky man but for all of you who wants to end up being success person. So , for all you who want to start examining as your good habit, it is possible to pick Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition) become your personal starter.

#### **Floretta Simmons:**

The book untitled Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition) contain a lot of information on that. The writer explains the woman idea with easy method. The language is very clear and understandable all the people, so do not really worry, you can easy to read the idea. The book was compiled by famous author. The author gives you in the new age of literary works. You can actually read this book because you can please read on your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and also order it. Have a nice study.

#### **Sharon Wilson:**

Many people said that they feel uninterested when they reading a reserve. They are directly felt the idea when they get a half elements of the book. You can choose the actual book Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition) to make your own reading is interesting. Your own personal skill of reading ability is developing when you such as reading. Try to choose basic book to make you enjoy to study it and mingle the sensation about book and studying especially. It is to be very first opinion for you to like to open up a book and learn it. Beside that the publication Skinny Habits (Skinny Habits: The 6

secrets of thin people) (Spanish Edition) can to be your friend when you're sense alone and confuse using what must you're doing of this time.

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