

Peki Ben Simdi Ne Yiycem?



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Reviews

Absolutely essential read through book. it was actually writtern quite properly and useful. Its been developed in an remarkably basic way and it is only following i finished reading through this ebook where really changed me, modify the way i believe.

(Torrey Jerde)

PEKI BEN SIMDI NE YIYCEM?



Okuyan Us Yayinlari Mai 2014, 2014. Taschenbuch. Book Condition: Neu. 195x137x15 mm. Neuware - 21 kadin 21 hikaye Her birinin kilo ve beslenmeyle ilgili dertleri farkli. Ne yapacaklarini sasirmis durumdalar. Kafalarindaki ortak soru bu Zuhale 23 yasinda Erkekler kilolarina taktikca o daha cok yiyor. Göbегime degil, gözlerime baksinlar derken bile bir seyler atistiriyor. Bir yandan gururu elden birakmazken diger yandan da artik durmak istiyor. Peki bu sinir ve dev istahla nasil bas edecek Zuhale ne yiyip, ne icecek 33 yasindaki Semranin yanaklari ve onu hicbir zaman terk etmeyen bir gidisi var. Vesikalik fotograflarindaki halinden dolayi kendisine Tonguc diye seslenen sevgilisinden nasil kurtulacaginin hesabini yaparken, her gün gazetelerin saglik sayfalarinda, vücudundaki ödem için kalici bir çözüm ariyor. Semranin imdadina kim yetisecek 15 yildir altin günlerinin aranan ismi, 3 ayri altin günü üyesi Süheyla Hanimin herkeslerden cok sevdiği bir oglusu var. Üniversite sinavlarina hazirlanıyor. Süheyla Hanim da günlerde öğrendigi bütün pasta tariflerini yaparak zihni acilsin diye ogluna yediriyor. Peki ya oglusunun zihni acilirken obez olursa Light Melike her diyet yaptiginda sismanliyor. Halbuki hep havuc üstüne havuc, kepekli galeta üstüne kepekli galeta yiyor. Ac kalmadan kilo verin sloganini ezberledigi için bulabildigi tüm light ürünleri mideye indirir vaziyette. Her seyi light yemesine ragmen neden sürekli kilo aldigina ise bir türlü anlam veremiyor Aslihan kalorisinin kitabini yazmis bir boga burcu. Inkar etse de gün içinde en sevdiği anlar gece yemeleri. Geceleri tost-cay mi yapsa, karisik kuruyemis tabagi mi hazirlasa, muzlu süt mü icse bir türlü karar veremiyor. Peki o üstüne oturmus ve asla gitmeyen 4 kilodan gece gece bunlari yiyerek kurtulabilecek mi Aslihan 21 kadin 21 hikaye Her birinin kilo ve beslenmeyle ilgili dertleri farkli. Ne yapacaklarini sasirmis durumdalar. Kafalarindaki ortak soru Peki Ben Simdi Ne Yiycem French Oje onlarin hikayelerini anlatti, Uzm. Diyetisyen Simge Citak ise dertlerine derman olmaya calisti. Peki Ben Simdi Ne...



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