

JAIME BRUGOS

# ADELGAZAR SIN MATARSE

**EL MÉTODO MÁS EFECTIVO  
PARA GANAR SALUD Y PERDER PESO**



LA PRIMERA DIETA QUE PROHÍBE PASAR HAMBRE,  
EVITA LA ANOREXIA Y COMBATE LA MEGAREXIA

# Adelgazar Sin Matarse Mr Practicos

**Tao Wei**



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