



**Cuerpazo a Cualquier Edad [SPA-CUERPAZO  
A CUALQUIER EDAD] [Spanish Edition]  
[Paperback]**

*Luz Maria•(Author) Briseno*

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*Luz Maria•(Author) Briseno*

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Es tiempo de reemplazar... las grasas saturadas por aceites saludables... lo refinado por lo entero... lo sintético por lo natural y las porciones gigantes por porciones apropiadas. Y ese es el propósito de mi libro. El que aprendas a comer sano en lugar de dejar de comer. Pon a prueba tu cuerpo y descubre ESE CUERPAZO. El cuerpo perfecto, para tu tipo de cuerpo... a cualquier edad. Luz Maria Briseno, CNC

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