

L'escalier nutritionnel

J'ouvre aujourd'hui un deuxième front dans la « guerre » contre le surpoids à laquelle j'ai consacré ma vie.

Le premier front, mon régime en 4 phases, expliqué en détail dans *Je ne sais pas maigrir*, a donné des résultats exceptionnels en faisant maigrir des millions de personnes, mais je me suis rendu compte que sa puissance et la motivation requise pouvaient paraître surdimensionnées à un grand nombre de personnes. *L'escalier nutritionnel* est cette autre solution que j'ai créée pour elles.

Elle est pour vous si vous avez maigri avec mon premier front, repris une partie du poids perdu et désirez vous en débarrasser définitivement. Mais aussi pour vous si votre surpoids est inférieur à 15 kg, si vous n'êtes pas talonné par des problèmes de santé vous incitant à maigrir vite, si vous préférez le faire à votre rythme et sans pouvoir refuser sur la durée un verre de vin, un morceau de fromage ou un carré de chocolat.

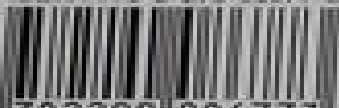
Avec ce deuxième front, j'entre avec vous pour la première fois dans la dimension affective de votre surpoids, sa relation intime avec votre bien-être, votre épanouissement et votre bonheur. Car le surpoids est un marqueur d'insatisfaction que je vous apprend à compenser autrement que par la nourriture. Enfin, *L'escalier nutritionnel* est le premier « régime didactique » : pendant que vous maigrissez, il vous transforme.

Marche après marche, semaine après semaine, il inscrit en vous les automatismes du « plus jamais regrossir ».

Pierre Duban

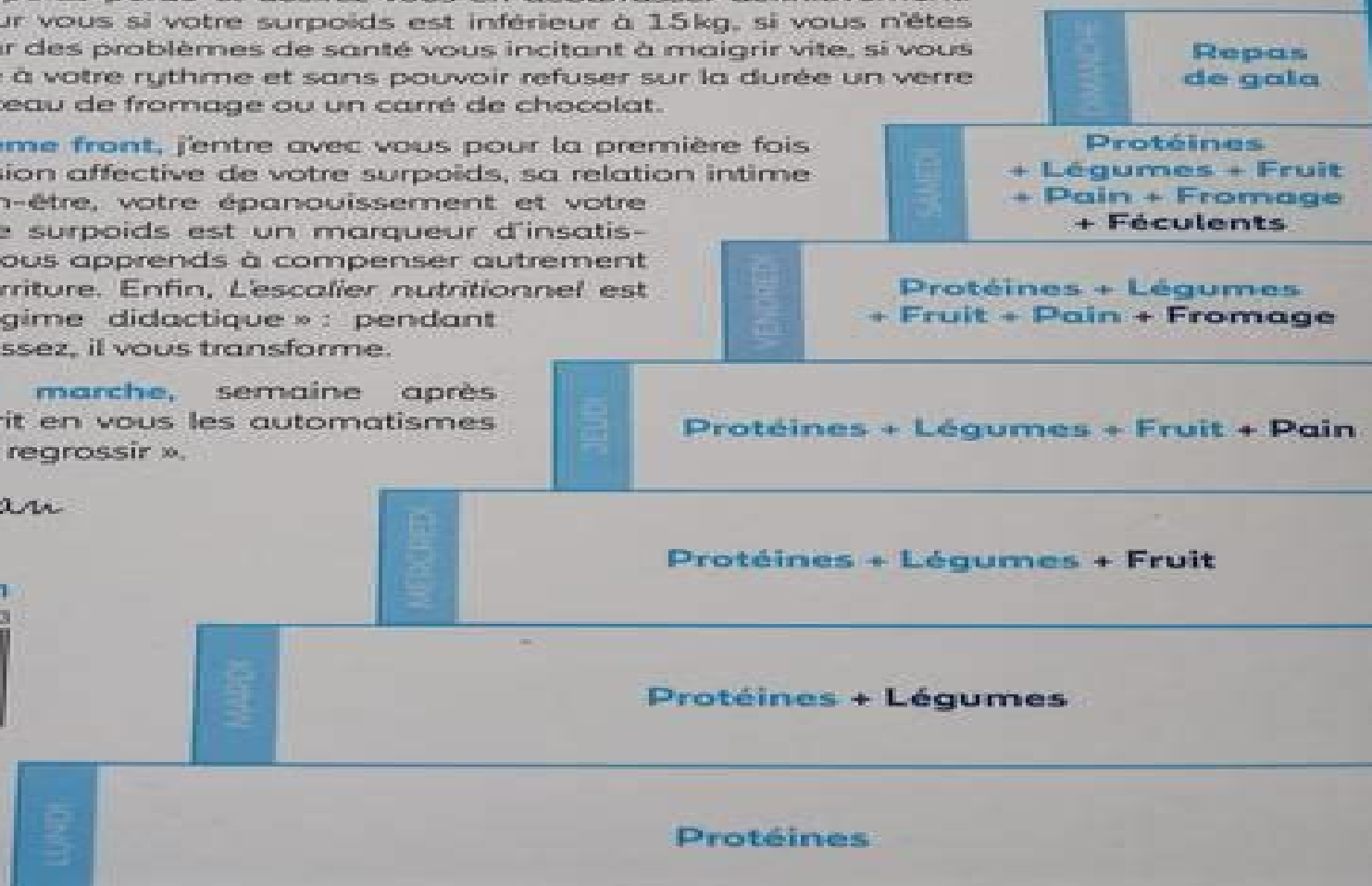
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