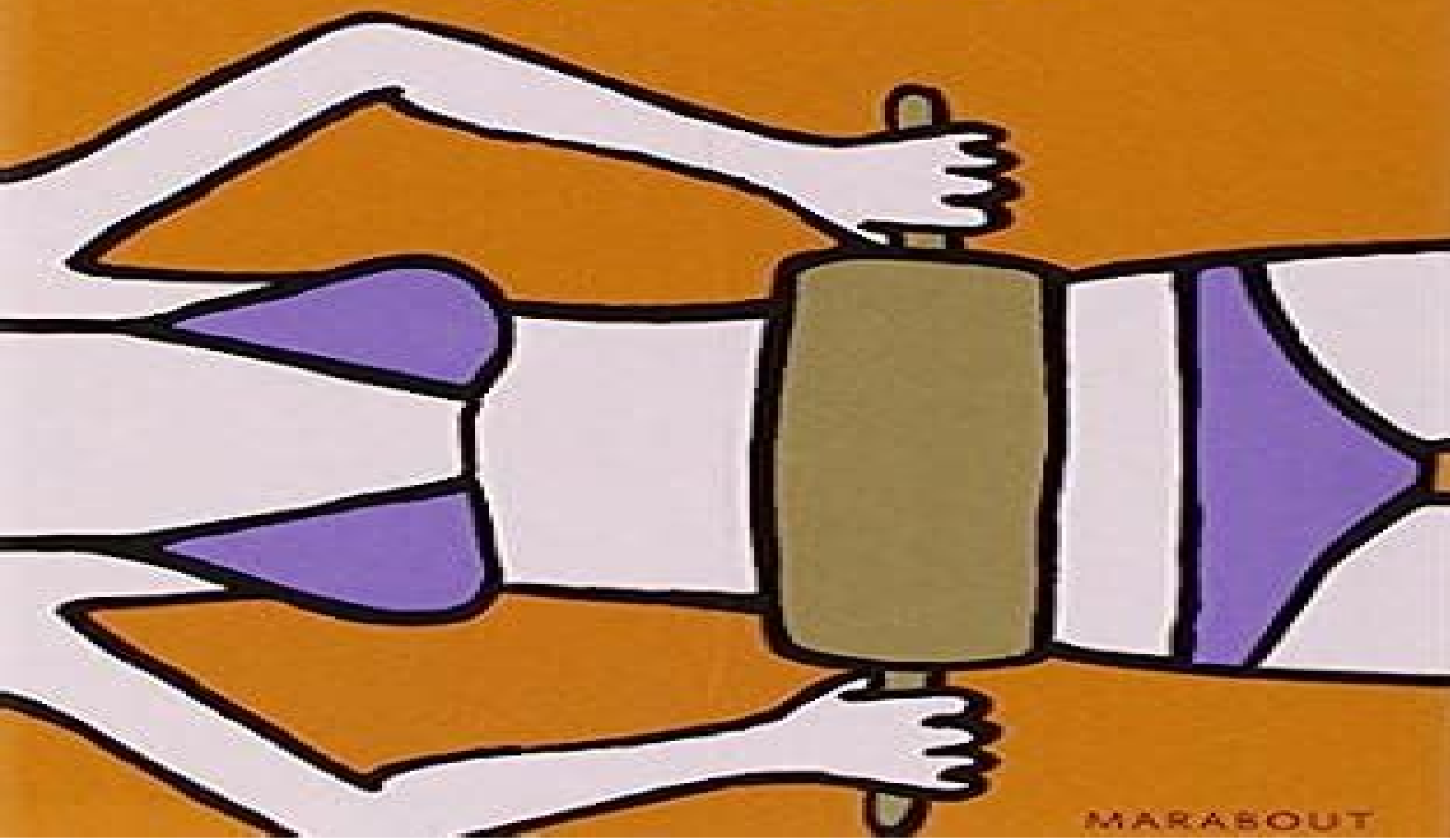


Lydie Roisin

le ventre plat

des paresseuses



MARABOUT

Les Bons Plans Ventre Plat Des Paresseuses Santeacute

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Les bons plans ventre plat des Paresseuses Lydie Raisin, 2012-04-02 Un bel objet tout mignon In dit et totalement nouveau jaquette d pliable illustr e recto verso **Bons plans ventre plat des paresseuses** Lydie Raisin, 2009 Entre les petits plats aval s sur le pouce et les s ances de grignotage pour vacuer le stress devant votre s rie pr f r e vous finissez par vous voir comme un estomac sur pattes Vous n avez pas tort Depuis quelques temps les petits carts s accumulent comme autant de kilos superflus qu il faudra bien liminer t t ou tard Aujourd hui ce qui vous pr occupe le plus c est votre joli petit bidon Marre qu on vous demande si vous attendez un heureux v nement Il est temps de r agir Mais pas dans tous les sens et surtout pas sans m thode Une fois de plus merci Les Paresseuses Les Bons Plans ventre plat vont vous aider retrouver une silhouette harmonieuse En un petit mois raison de 10 minutes par jour vous allez revoir vos pieds Ah tiens bonjour vous rendre Sophie plus plate tu meurs jalouse bannir le mot r gime de votre vocabulaire Et surtout vous allez pouvoir exhiber sans complexe votre ventre A vous le sublime deux pi ces de l t Vous l aurez bien m rit

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