

# 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.

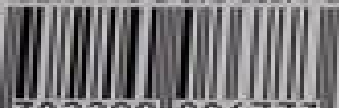
**Avec ce deuxième front**, j'entre avec vous pour la première fois dans la dimension affective de votre surpoids, sa relation intime avec votre bien-être, votre épanouissement et votre bonheur. Car le surpoids est un marqueur d'insatisfaction que je vous apprend à compenser autrement que par la nourriture. 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*

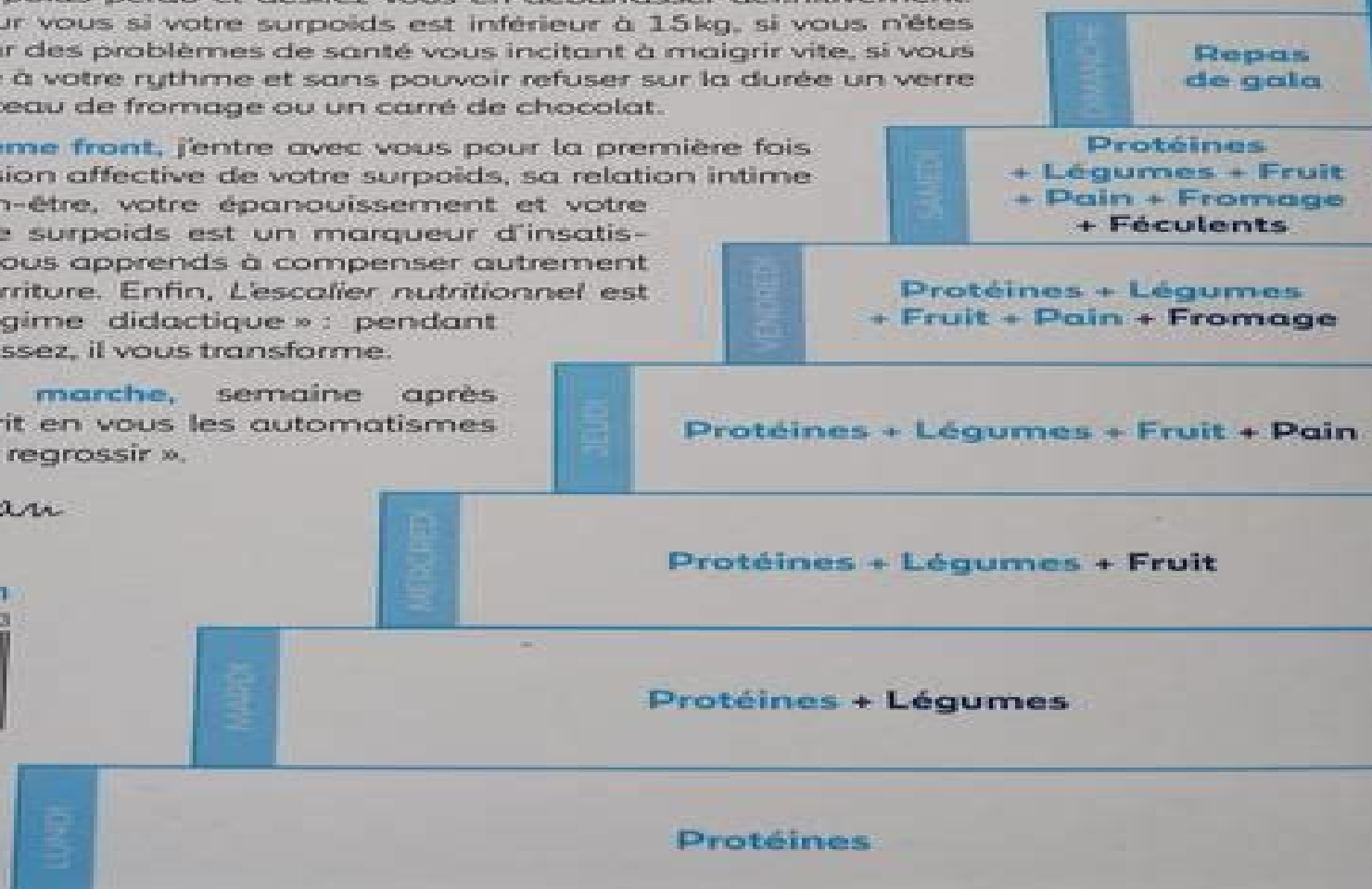
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# Escalier Dukan Avis

**Lei Shi**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'Lei Shi' text.

## **Escalier Dukan Avis:**

**Livres de France** ,1985      *L'escalier nutritionnel* Pierre Dukan,2020-01-30      **L'escalier nutritionnel. Le deuxième front** Dr. Pierre Dukan,2014-03-05T00:00:00+01:00 Ce livre est vendu au format PDF et au format ePub maquette fixe pour une lecture optimisée sur tablette J'ouvre aujourd'hui un deuxième front dans la guerre contre le surpoids 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 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 15 kg si vous n'êtes pas talonné par des problèmes de santé vous incitant maigrir vite si vous préférez le faire votre rythme et sans pouvoir refuser sur la dure 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 panouissement et votre bonheur Car le surpoids est un marqueur d'insatisfaction que je vous apprends 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

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