



## Simplifica Tu Cocina: La Guía Definitiva Para Crear Hábitos Alimenticios Que Se Adapten a Ti

By Valentina Thorner

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: Spanish . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.La cocina es un punto neuralgico en tu casa y en tu alimentacion. Sin una organizacion inteligente de este lugar, cualquier cambio en tu alimentacion fracasara necesariamente. Los viejos habitos volveran a atraparte en tu cocina y todo seguira igual. Te puedes resignar ante este panorama, o puedes cambiar de enfoque y empezar desde la cocina. Este libro te propone una solucion diferente: aprende a dominar tu cocina para hacerla tu aliada en tu cambio de alimentacion. Este libro te ayudara a planificar un cambio permanente. 1. Tu vision Define lo que quieres conseguir para alinear tu cocina con este objetivo final, por ejemplo - cambiar a una dieta especifica - enseñar a tu hijo a cocinar - introducir mas platos caseros 2. Las habilidades Reconoce tus habilidades para poder conquistar la cocina. Sacar partido a lo que ya sabes y aprende unicamente lo que realmente te hace falta. 3. Los incentivos Descubre lo que te mueve y como aprovechar estos impulsos. La motivacion se puede disenar con antelacion. 4. Los recursos Revisa las herramientas disponibles y deshazte...



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