



Skinny Habits (Skinny Habits: The 6 secrets of thin people) (Spanish Edition)

Bob Harper, Greg Crister

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De Bob Harper, autor bestseller de The New York Times y entrenador del reality más exitoso para perder peso, **The Biggest Loser**.

Skinny Habits te enseña los 6 hábitos que siguen las personas delgadas para nutrir su cerebro, ejercer control sobre las cosas que eligen comer, y modificar su alimentación, su entorno y su vida.

Bob Harper, el entrenador del programa de televisión **The Biggest Loser**, nos revela el comportamiento y los secretos de quienes no sólo pierden peso, sino que se mantienen delgados. ¡Y lo hacen ver fácil!

Después de ayudar a innumerables hombres y mujeres a alcanzar sus objetivos de pérdida de peso, Bob Harper nos revela, por medio de historias entretenidas, con la propuesta de soluciones realistas y echando mano de las últimas investigaciones en psicología y neurociencias, 6 hábitos fundamentales que siguen quienes triunfan a largo plazo:

- Prepara planes de contingencia.
- Retrocede de manera consciente.
- Rediseña tu ambiente.
- Rétate a ti mismo.
- Descansa para tener éxito.
- Vístete para adelgazar.

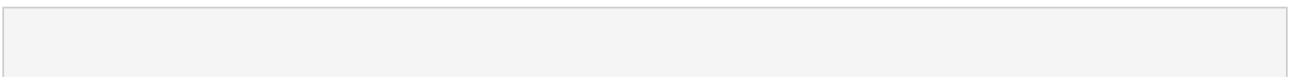
ENGLISH DESCRIPTION

In Bob Harper's #1 New York Times bestselling book **The Skinny Rules**, the trusted trainer and coach of NBC's **The Biggest Loser** laid out the twenty nonnegotiable eating rules for getting thin.

In the process of helping countless men and women reach their weight loss goals, Harper has noticed six fundamental patterns in the lifestyle choices of those who succeed long-term—from the unique way they plan ahead to how they organize their environment and social calendars to even the way they dress.

With his signature authority, colorful stories, and real-world solutions, Harper draws on the most up-to-date research related to habit formation, neuroplasticity, and cognitive behavioral psychology to show how feeding your brain—"the muscle between your ears"—can wield as much control over your weight as what you put in your mouth.

With anecdotes about his clients, guided steps for adopting your new practices, and tips for integrating them into your own daily routine, **Skinny Habits** has everything you need to shape your body and your life!



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