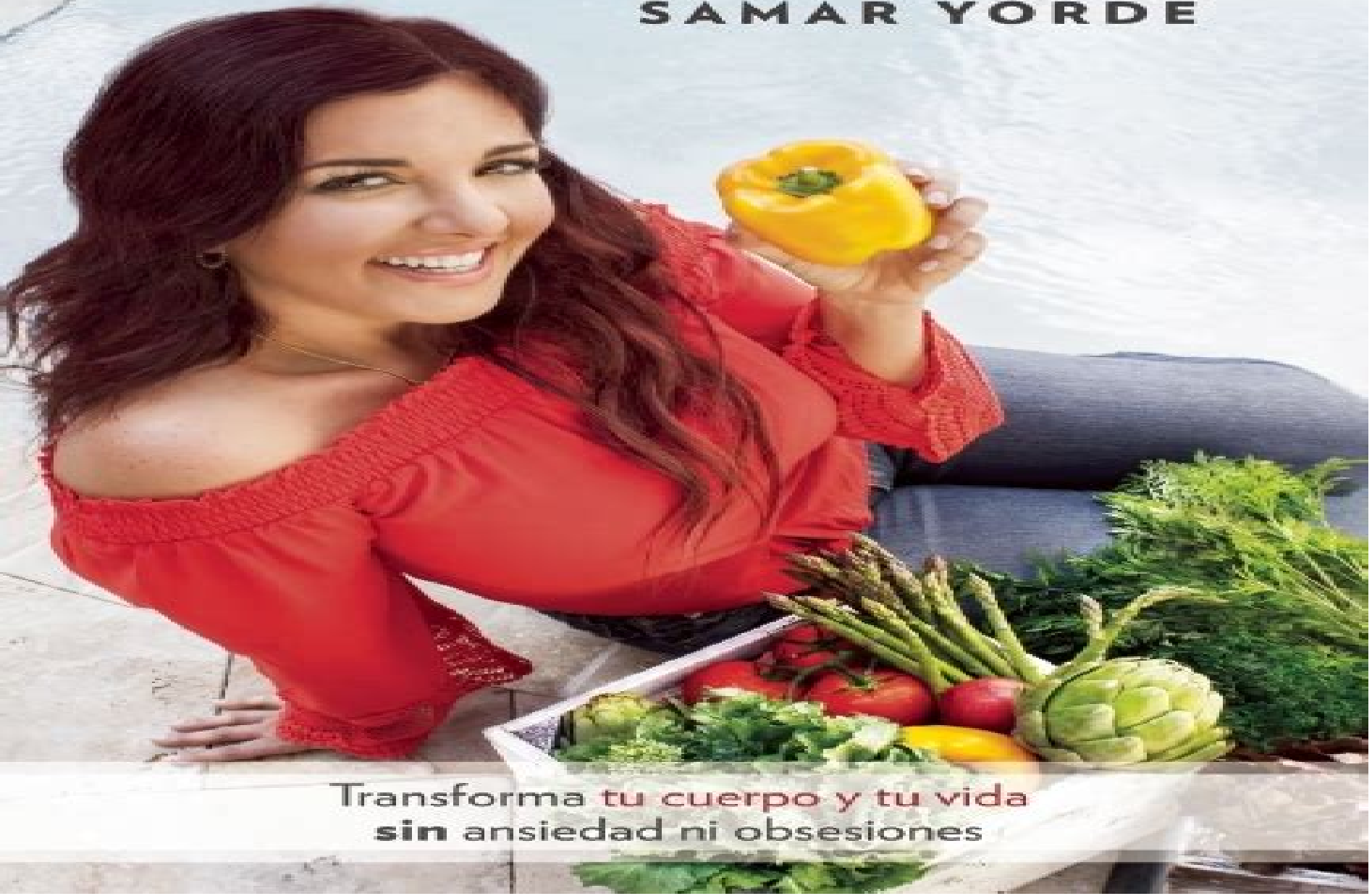


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ENGLISH DESCRIPTION Based on her personal and professional experience Samar Yorde Erem creator of the social network SoySaludable I am healthy offers practical medical advice to understand and fight obesity and proposed a healthy lifestyle based on four pillars good nutrition frequent exercise anxiety control and constant motivation In I Am Healthy you will read what many people hide from you so that you will keep buying absurd diets magazines pills or useless cooking utensils What is obesity Knowing the enemy is vital for conquering it Discover what to eat to turn healthy food into your biggest ally Make exercise a fundamental support for improving your quality of life Control your anxiety and you have half the battle already won Use motivation as strength for not giving up Build an action plan for changing your habits and achieving your goals once and for all This book shows you a path of

physical joy and well being of health and good food of motivation and discipline affirms Yorde And more than just showing you the path I want to accompany you along the way Samar Yorde was born in Beirut Lebanon and was educated in Venezuela Creator of the social network SoySaludable I am healthy which is focused on the development of health nutrition physical activity emotional well being and illness prevention habits she incorporates the expertise of doctors nutritionists psychologists and professional trainers Yorde a doctor specialized in public health with a certification in obesity medicine is also a professional speaker health coach motivator lecturer and learning facilitator she participates regularly in radio and television shows presenting segments on health nutrition and healthy cooking

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