



Die Burger-Diät: Tagebuch einer ungewöhnlichen Idee (German Edition)

Maik Metze

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Insgeheim haben wir alle darauf gewartet, jetzt ist sie endlich da

DIE BURGER-DIÄT

Der Erfinder Maik Metze beschreibt in seinem gleichnamigen Buch, wie er in 6 Monaten 35 kg abgenommen hat. Und das ausschließlich mit Burgern, Pommes & Co. Jeden Tag! Und es ging ihm nicht nur seelisch äußerst gut dabei, auch sein Arzt hat ihm durchgängig extrem gute Werte bescheinigt, die im Laufe der Diät sogar noch besser wurden.

Unglaublich? Aber wahr!

Lesen Sie alles über DIE Diät des Jahres, die alltäglichen Leiden eines Dicken, und wieso es Metze nach über 15 erfolglosen Diätversuchen zum ersten Mal leicht fiel, durchzuhalten und abzunehmen.

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