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Leggi ebooks Quel Benedetto Tunnel Stefano Fappiano PDF, EPUB, mobi, In un libro verità il percorso sofferto, travagliato ma efficace di un giovane che supera il tunnel dell'obesità e l'onta dei bulli per diventare fashion model.

Stefano Fappiano, in un momento di introspezione su di sé e sulla sua condizione, trova ispirazione, voglia e coraggio per confessare la sua esperienza presentandola in modo semplice e scorrevole, con toni concreti ed efficaci e con il manifesto scopo di coinvolgere il lettore e spingerlo a seguire il suo esempio.

Facendo leva su determinazione, volontà, positività e adeguata educazione alimentare, Stefano insegna come raggiungere risultati insperati con effetti positivi sull'equilibrio psico-fisico di chiunque voglia seguire i suoi consigli.

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