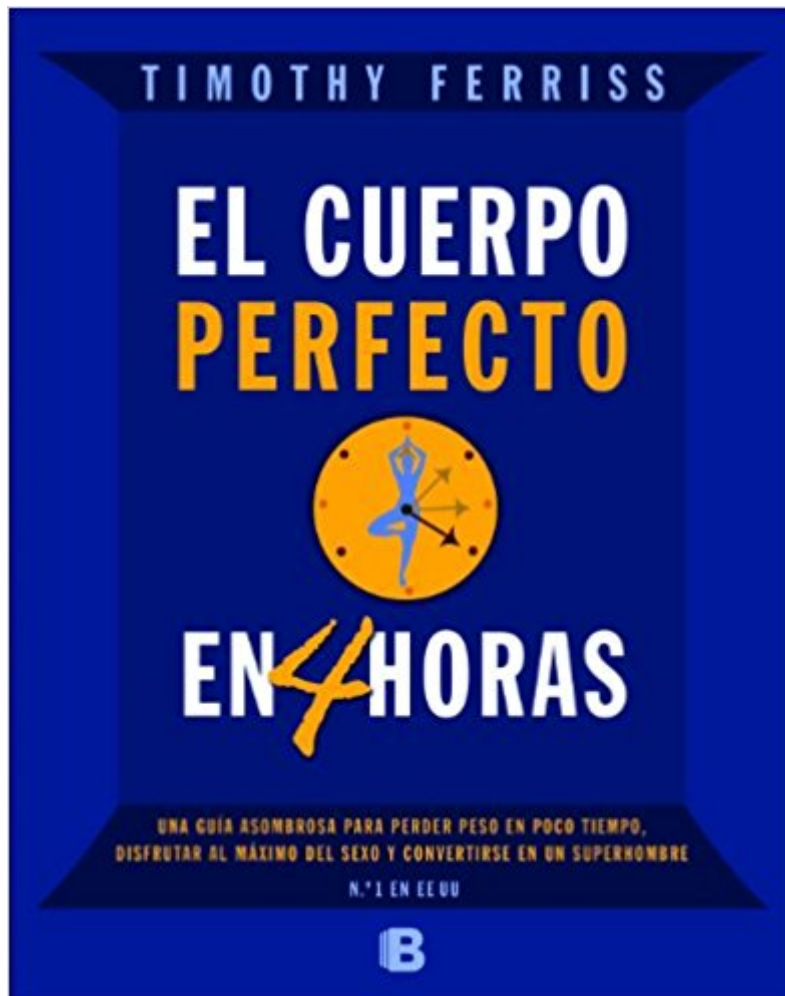




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El Cuerpo Perfecto En Cuatro Horas (Spanish Edition)



Synopsis

Mas delgado, mas grande, mas rapido, mas fuerte... 150 paginas que vas a leer. Es posible alcanzar su potencial genetico en seis meses? Dormir dos horas al dia y tener un mejor desempeno que de ocho horas? Perder mas grasa que un corredor de maraton obsesionado? Esto y mucho mas. Y no es otra dieta mas, ni otro libro de ejercicios. / Thinner, bigger, faster, stronger... which 150 pages will you read? Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. This is not just another diet and fitness book.

Book Information

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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (21 customer reviews)

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Customer Reviews

I bought this for my Spanish-speaking husband because I really love the English version so much. He has complained that the Spanish looks like it came from an online translator and that it wasn't edited or proofed. He said that it gets the ideas across, but that he is constantly distracted by the poor translation. I am very disappointed.

Un libro que lleva las mediciones al extremo , pero se pueden sacar varias conclusiones interesantes y ademÃs es entretenido de leer .Solo que la traducciÃ n es muy mala ...hay que imaginarse como seria en inglÃ©s para entender algunas cosas

I have the english version and I got to say that the translation to spanish is not so good. It's gonna

be useful for people that don't speak or read absolutely nothing in english but for those who have a certain level of knowing of the language, I strongly recommend the english version. The content is groundbreaking, in certain cases it could change lives. Great document. I think it deserves a better translation.

a huge book like this is a must have in your personal library as the author knows essential issues for having a good body and working metabolism. the essence of sexual life and other tips are also very important aspects to read and put into practice.

I have this book in English but wanted it for my wife in Spanish as a reference because some parts are fairly technical. It is good and the quality of materials is great too.

La traducción al español es muy mala con muchísimos errores, el libro bueno a mi parecer pero en puntos importantes no se logra entender por la terrible traducción.

it's an interesting book, sometimes shows exams and stuff related that i don't think that it would be as simple to apply who appears in the book, but it's ok. in spite of mentioned above, i think it's a very good book, i'm still reading it and preparing myself to start to apply it.

Interesting Book with a lot of information about nutrition and routine's exercises. Much cases of sports and much examples of meals.

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