

Maigrissons Ensemble

SJ Ball

Maigrissons ensemble Sonia Dubois,1997

Maigrissons ensemble Roger Eisenberg,1987

Alimentation : halte aux mensonges et aux idées reçues ! Sonia Dubois,2019-11-13 Les secrets de sa spectaculaire transformation... à rebours des poncifs de la diététique populaire ! Il y a 25 ans, sa perte de poids spectaculaire a fait la une de la presse people. Quand l'ancienne animatrice Sonia Dubois se montre après plusieurs mois à l'écart du public, c'est le choc. Elle est méconnaissable ! Mais quel a été son secret ?Après avoir lu, étudié, consulté, discuté avec des médecins, nutritionnistes, diabétologues, obésilogues, endocrinologues, industriels de l'agroalimentaire, Sonia Dubois a su trier le bon grain de l'ivraie. Et déceler toutes les idées reçues pleines de contresens ! Certaines sont issues de préjugés, d'autres sont farfelues... au point d'occasionner pas mal de dégâts en nous détournant d'une alimentation variée. Un exemple : les oeufs. Il est communément admis qu'il faut éviter une surconsommation. Un oeuf moyen contient 186 mg de cholestérol, soit 62 % de l'apport quotidien recommandé. Déjà suffisant, dites-vous ? Pourtant, plus vous absorbez de cholestérol, moins votre corps en produit lui-même ! Ne vous sentez-vous pas déjà libéré d'un sacré interdit ? Tant d'autres exemples viennent dénoncer toutes ces idées reçues : non, le poisson n'est pas si bon pour la santé s'il est consommé en grandes quantités, car sa chair est polluée aux métaux lourds et à la dioxine, notamment. Non, les régimes à base d'ananas ne permettent pas de se débarrasser de la cellulite ; oui, manger des féculents peut vous aider à rester mince...Grâce à cette réflexion, fruit de son expérience, Sonia Dubois nous invite à devenir les Descartes de l'alimentation, en faisant

table rase de l'empirisme pour accéder à la connaissance de chaque aliment. Pour nourrir efficacement son organisme et savourer enfin ce que l'on mange en toute quiétude !

Jules et les Julies (Les) Roger Eisenberg, 2006-03-16 Jules est du matin, Julie est du soir. En hiver, Jules jette la couverture pour se coucher sur le lit et Julie proteste, elle qui a toujours les pieds, les mains et le bout du nez gelés. Jules rêve d'une nouvelle voiture, d'un nouvel appartement et il n'y a rien que Julie déteste plus que de déménager. Et au restaurant... Ce n'est pas un scoop, un homme et une femme, ce n'est pas pareil. Mais comme les Jules et les Julies ne sont pas faits pour vivre seuls et qu'ils passent le plus clair de leur temps à essayer de se trouver, mieux vaut pour eux connaître leurs différences. Si « l'amour est aveugle », l'épreuve du temps va voir les différences s'affirmer, et c'est l'évolution de sa sexualité qui va pérenniser ou faire implorer le couple. Écoutons leurs confidences et, au travers des cinq mots de leur sexualité, soulevons le couvercle de leur vérité. Pour les aider à mieux se comprendre. Pour mieux s'aimer. Roger Eisenberg est médecin endocrinologue. Il a participé à de nombreuses émissions de radio et de télévision sur les hormones et sur le couple pour témoigner de sa grande expérience de clinicien.

Livres hebdo ,1997

L'express ,1996

Livres de France ,2003

Le Point ,1996-05

La passion de Pierre Yves Colombel,1987

Bibliographie nationale française ,1997

Bibliographie de la France ,1989

Das Schweizer Buch ,1999

La madrasa médiévale Lucien Golvin,1996 École coranique, collège, séminaire, pensionnat, cité universitaire avant la lettre ... : en arabe, le terme de madrasa recouvre quantité d'acceptions. Du Proche-Orient au Maghreb, l'ouvrage étudie l'évolution de l'architecture des principales madrasas (historique, éléments architectoniques, études des plans et masses, analyses des formes décoratives, rapports avec la maison particulière), et renouvelle les hypothèses sur la signification des madrasas cruciformes à quatre iwans = Koranic school, college, seminary, boarding school, campus before the letter ... : in Arabic, the term madrassa covers many of these meanings. From Middle East to North Africa, the book examines the evolution of the architecture of main madrassas (historical, architectural elements, study plans and bodies, analysis of decorative forms, reports with the special house); it also renews the assumptions on the significance of cross-shaped madrasas at four iwans.

Bibliographie nationale française ,1996

Les Livres disponibles ,2002 La liste exhaustive des ouvrages disponibles publiés en langue française dans le monde. La liste des éditeurs et la liste des collections de langue française.

Conseils minceur pour abonnés du yoyo Docteur Catherine Serfaty-Lacrosnière,2014-02-12 Vous avez envie de perdre du poids, mais... vous avez déjà essayé, et vous n'y croyez plus trop. Ce petit livre est fait sur mesure pour vous. Un régime ne doit pas être une punition, mais un moyen de mieux prendre soin de vous, et être aussi bon

pour le moral que pour la santé ! Plein de peps, et sans prise de tête, ce livre vous aidera à décrypter vos mauvaises habitudes alimentaires et à changer durablement, d'une façon adaptée à vos besoins et à votre équilibre, pour que vous soyez au meilleur de vous-même !

Un An de nouveautés, 1996

Anorexie - Boulimie Comment je m'en suis sortie Ariane Noël, 2020-10-20T00:00:00Z

Ariane est étudiante en quatrième année de médecine. Les troubles du comportement alimentaire sont tenaces et ancrés dans sa vie, et après une dégradation brutale de son état de santé, l'hospitalisation s'impose. De sa plume authentique et touchante, elle témoigne du chemin qu'elle a parcouru pour quitter le réconfort factice de l'addiction à la nourriture, retrouver sa liberté alimentaire et envisager l'avenir avec confiance. Le dénouement de ce récit est un espoir pour tous ceux qui, atteints de cette maladie, doutent de s'en sortir un jour.

Contes et mythes de Birmanie Maurice Coyaud, Aux origines du monde, 2015-04-30

Un florilège de mythes, de contes et de légendes permet de pénétrer dans l'imaginaire de Birmanie. Le buffle et le bœuf étaient cousins et s'aimaient beaucoup. Le buffle avait deux rangées de dents fort belles. Le bœuf n'en avait qu'une seule rangée, à la mâchoire inférieure. Mais le buffle, gentil comme il était, une fois qu'il avait terminé son repas, prêtait ses dents du haut au bœuf. Le cheval dansait merveilleusement. C'était aussi un clown épatant. Il savait très bien chanter aussi. Il faisait des tournées à travers le pays, en tant que danseur, chanteur, amuseur. De partout, le public affluait pour voir ses spectacles. Un soir, le cheval donnait une représentation près du lieu où résidaient le

buffle et le bœuf. Le buffle n'avait aucun goût pour ces frivolités. Pour lui, prendre le frais plongé dans l'eau jusqu'au cou était bien préférable aux spectacles de cirque. À PROPOS DE LA COLLECTION « Aux origines du monde » (à partir de 12 ans) permet de découvrir des contes et légendes variés qui permettent de comprendre comment chaque culture explique la création du monde et les phénomènes les plus quotidiens. L'objectif de cette collection est de faire découvrir au plus grand nombre des contes traditionnels du monde entier, inédits ou peu connus en France. Et par le biais du conte, s'amuser, frissonner, s'évader... mais aussi apprendre, approcher de nouvelles cultures, s'émerveiller de la sagesse (ou de la malice !) populaire. DANS LA MÊME COLLECTION • Contes et légendes de France • Contes et légendes de la Chine • Contes et légendes du Burkina-Faso • Contes et légendes d'Allemagne, de Suisse et d'Autriche • Contes et récits des Mayas

L'hyperphagie boulimique chez l'adulte Alice Hussonnois, 2024-02-21

L'hyperphagie boulimique est un trouble du comportement alimentaire qui consiste en l'absorption de quantités excessives de nourriture de manière compulsive et caractérisée par des crises alimentaires répétées. Cette pathologie est souvent taboue et cachée est pourtant très fréquente. Comment la repérer chez soi ou chez un proche ? Comment identifier les causes sous-jacentes ? Et surtout, comment s'en libérer et redevenir un mangeur intuitif ? Vous n'êtes pas responsable de votre maladie ni de vos symptômes, mais vous êtes acteur de votre guérison. Alice Hussonnois vous accompagne pour (re)créer un rapport sain à la nourriture et vous engager sur le chemin de la guérison avec bienveillance. Au travers de témoignages, de conseils, d'outils concrets, de tests d'auto-évaluation et de nombreux exercices pratiques, cet ouvrage vous propose de développer et

renforcer vos stratégies et techniques pour apprivoiser vos envies alimentaires, vous réconcilier avec vos émotions et retrouver confiance en vous. Ce livre d'adresse aux personnes présentant ce type de trouble, diagnostiqué ou non, mais également aux proches et aux professionnels de la santé qui souhaitent être outillées pour les accompagner. À PROPOS DE L'AUTRICE Alice Hussonnois est diététicienne et nutritionniste, spécialisée dans les troubles du comportement alimentaire et en ACT (thérapie d'acceptation et d'accompagnement). Elle reçoit en consultation et anime régulièrement des formations, des ateliers thérapeutiques et des groupes d'échanges sur ces thématiques.

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