



Nackt gut aussehen: Endlich erfolgreich mit der Low Carb Challenge (German Edition)

Paul Kliks

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Aus einer kleinen Idee entstand innerhalb kürzester Zeit Deutschlands größte »Low Carb Challenge«.

Tausende Menschen fanden sich zu einer großen Gemeinschaft zusammen, die mit einem einfachen 30-

Tage-Programm aus kohlenhydratreduzierter Kost und Mini-Training ihr gemeinsames Ziel erreichen

wollen: Nackt.Gut.Aussehen (NGA). Der Erfinder ist einer der bekanntesten Online-Personal-Trainer

Deutschlands: Blogger und Podcaster Paul Kliks. In seinem ersten Buch zeigt er, dass »fitter, stärker, sexy«

im Kopf beginnt und mit dem NGA-Fahrplan, Rezepten und Bewegungstipps ganz einfach umzusetzen ist.

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Sonia Cancel:

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