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méthode de musculation rebaptisé méthode Lafay par le grand public connaît un succès phénoménal depuis 4 ans avec rien qu'en 2009 plus de 60 000 exemplaires vendus et plus de 250 000 lecteurs depuis sa parution Olivier Lafay est devenu un véritable ovni

dans le paysage de l'édition française et l'auteur numéro 1 incontesté dans les domaines du sport et de la forme il fait son retour en proposant une méthode cette fois consacrée à la nutrition qui reprend les mêmes principes conceptuels ayant fait leurs preuves dans le domaine de la musculation se façonnant une silhouette harmonieuse perdre de la graisse excédentaire prendre du volume il permet à chacun hommes et femmes d'atteindre ses objectifs en suivant des programmes évolutifs et progressifs des conseils personnalisés et des réponses aux questions les plus fréquemment posées présentés d'une manière attrayante et ludique la capacité d'olivier lafay à créer de vraies méthodes globales sachant s'adapter aux besoins de chaque lecteur se retrouve tout entière dans ce nouvel ouvrage la maîtrise de la nutrition est fondamentale si l'on veut faire évoluer son corps le coaching total proposé par olivier lafay permet de générer aisément cette maîtrise sans perte de temps en douceur à la façon d'un jeu qui éduque le lecteur sans jamais l'ennuyer a noter que les lecteurs pourront apprécier une nouvelle fois les dessins d'isabelle touaty dont la sensibilité artistique a déjà séduit les adeptes de la méthode lafay

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