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Asian Secrets and Tips for Weight Loss: How Asian Women Lose Weight and Get a Perfect Body Shape to Die for with a Natural Diet Plan, Healthy Habits and Simple Exercises (Paperback)

By Daniel Marques

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever wondered why Asian women are among the most fit and thin women in the world? Many women have tried to understand the hidden secrets those Asian women keep but failed. The reason why it is so difficult to unveil the secret is that Asian women have a huge variety of traditions to keep them fit. Observing and interpreting everything in your own culture context individually will only lead you to inaccurate and ineffective answers. For example, you might be misguided by the surface that Asian women do eat as much as they feel like and very often even more than men, and they also spend much time watching television and much more time in front of a computer than women from western countries. Similar stereotype as above has produced hatred and jealous thoughts among many western women, who, even when living in Asian countries, cannot discover these secrets by themselves. Even though the Author has been focusing on the health and cultural principles of Asian Cultures, he ended up finding, all the hidden secrets to...



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Reviews

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