



Simplifica tu Cocina: La guía definitiva para crear hábitos alimenticios que se adapten a ti (Minimalismo Práctico) (Volume 1) (Spanish Edition)

Valentina Thörner

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La cocina es un punto neurálgico en tu casa y en tu alimentación. Sin una organización inteligente de este lugar, cualquier cambio en tu alimentación fracasará necesariamente. Los viejos hábitos volverán a atraparte en tu cocina y todo seguirá igual. Te puedes resignar ante este panorama, o puedes cambiar de enfoque y empezar desde la cocina. Este libro te propone una solución diferente: aprende a dominar tu cocina para hacerla tu aliada en tu cambio de alimentación. Este libro te ayudará a planificar un cambio permanente. 1. Tu visión Define lo que quieres conseguir para alinear tu cocina con este objetivo final, por ejemplo - cambiar a una dieta específica - enseñar a tu hijo a cocinar - introducir más platos caseros 2. Las habilidades Reconoce tus habilidades para poder conquistar la cocina. Saca partido a lo que ya sabes y aprende únicamente lo que realmente te hace falta. 3. Los incentivos Descubre lo que te mueve y cómo aprovechar estos impulsos. La motivación se puede diseñar con antelación. 4. Los recursos Revisa las herramientas disponibles y deshazte de lo que no necesitas. Abre espacio en tus armarios y en la despensa. 5. La planificación Traza tu estrategia y pasa a la acción. Basado en las estrategias del minimalismo y de una vida centrada en lo esencial, este libro te ayudará a reorganizar tu cocina e integrarla con tus deseos de alimentación. Sé tú quién decide cómo, cuándo y qué comer.

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