

Sesso e alimentazione.



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Reviews

I just began reading this pdf. It is actually written in straightforward words instead of hard to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Jensen Bins)

SESSO E ALIMENTAZIONE.



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Pacini Fazzi, 2014. Book Condition: new. Lucca, 2014; br., pp. 48, ill. b/n. (I mangiari della salute. 4). Il dott. Massimo Mariani, specializzato in Andrologia e Endocrinologia e perfezionato in sessuologia Medica e Bioetica, ci accompagna alla scoperta delle abitudini e degli alimenti che ci consentono di vivere meglio e a pieno la nostra sessualità. Nella prima parte sono indicati gli accorgimenti per una vita sana e sessualmente attiva, a seguire una lista degli alimenti più indicati e delle loro caratteristiche più utili. Il libro si conclude poi con una scelta di ricette contenenti alcuni degli alimenti precedentemente elencati.



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