



El secreto de un ganador: 1 (Nutrición y dietética) (Spanish Edition)

Novak Djokovic

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El campeón tenis mundial Novak Djokovic comparte por primera vez el método que lo ayudó a llegar a lo más alto: el plan sin gluten de catorce días que transformó por completo su cuerpo y su mente. En 2011, Novak Djokovic experimentó lo que los periodistas deportivos consideraron la mejor temporada protagonizada jamás por un tenista profesional. Ganó diez títulos, tres Grand Slams y cuarenta y tres partidos consecutivos. Sin embargo, hacía poco más de un año, Djokovic parecía incapaz de finalizar un torneo. ¿Cómo pasó de sufrir constantes problemas de salud a convertirse en el número uno? Cambiando su alimentación. En solo quince días, sus problemas de salud remitieron, perdió los kilos de más y mejoró espectacularmente su rendimiento. Novak Djokovic narra en primera persona su viaje a la salud y la excelencia gracias a un método que cualquiera puede poner en práctica, tanto si es deportista como si no. Más que una dieta, una filosofía alimentaria que cambiará la vida de los lectores: la alimentación slow.

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