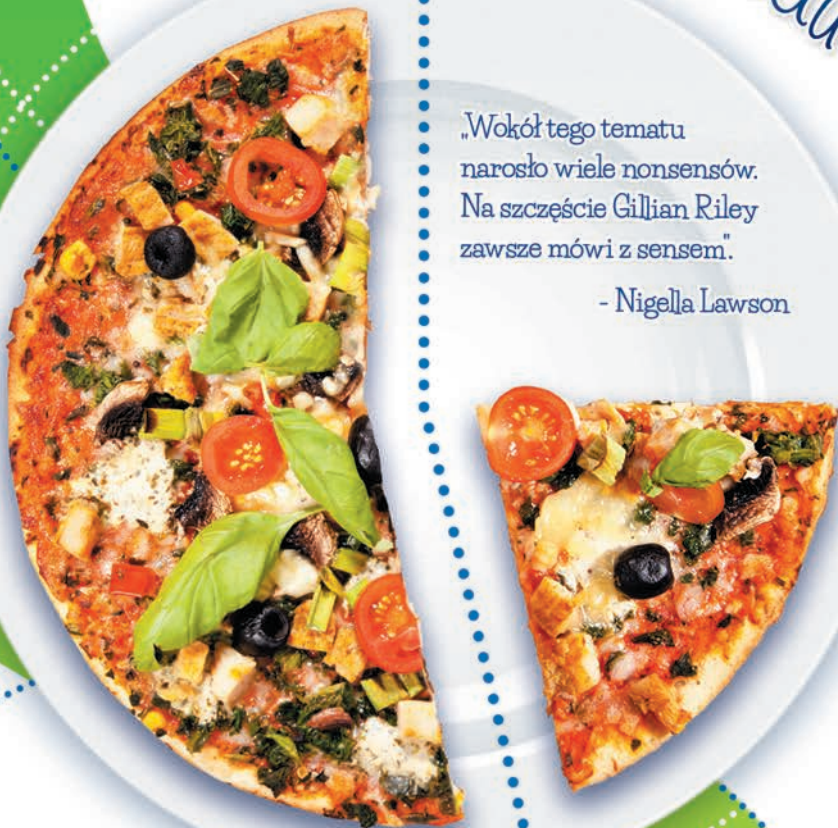


Gillian Riley

# Jak JEŚĆ MNIEJ i nie oszaleć z głodu

„Wokół tego tematu  
narosło wiele nonsensów.  
Na szczęście Gillian Riley  
zawsze mówi z sensem.”

- Nigella Lawson







**Vital**  
GWARANCJA ZDROWIA

REDAKCJA: Natalia Paszko  
SKŁAD: Hta UgrIDj UjYk JVm  
PROJEKT OKŁADKI: Piotr Pisiak  
TŁUMACZENIE: ?UHfmbUNja bcW  
NŹŏWYbUc\_ UxW. ' `>[SvM!': chr`jUWã

K nãLb)Y=  
6-5 -MCHC ?' &S%  
-GGB -+, !, ' !\* (&, !S\*!,

Hhi `cfm)jbUi . 9Uhb[ "Ygg" GUm ccXvñYc`cj YfYU)bb]  
Hl hWdcmj[ \h ; ]`jUb F]Ym% -, ž% -- ž&S%)  
H\gfyj jgXXY)hcb`di Vlg YX]b`&S%)  
: [fgidi Vlg YX]b`hYI b)hX? ]b[Xca `]b% -, Vmñ ]`jUb F]Ymñ  
B Yk YX]hcb`di Vlg YX]b% -- Vmñ Yfa ]]cbzUb`ja d]j]bhcZ9M frDi Vlg]b]  
5 FUbXca < ci gY; fci d`Wã dUbrh

7`cdm] [ \hZf Dc`lg YX]hcb Vmñ nãLk b)Mk c`J ]HUž6]Ungtc\_`&S%  
5 ``f[ \lgfygfy Yž]bW X]b[ `hYf[ \hcZfYdcX W]cb`]b k`c Ycf`]b dUfh]b UbrñZfa "

K gñ`jYdfUkUr]gfrñy cbY`UXbUWb`ãh`di V\_]UW]b)Ya c YVrã`dck ]YUbU  
Ub]fcdck gñWb]UbUrUdca cVã] frãXrY `YY`fcb]WbnWzã WUb]WbnWz  
\_cdji `ãWñWz b]frã UãWñW`] ]bbrñW Vmñ]gã bY`r] cXrñcdgUUMmñd`Uk U`rcfg ]W"

7`cWU `dcX`c kgn`jYkng ]\_]kšWi`rLdYkb]b]Ur]cXbc W]fY W]b]b]Ygñ`gã ]\_]ndfUkXž  
b]YbUYmñ`nã Uã`Y`ksr]g`cdgk ]YdfcZg`cbUbrñW`dclUX`Y`Ufg ]W" 5 b] 5 i`rcf\_`UzUb] K nãLk WU  
b]Ydcbcgã`cX`ck ]YX]Ubc W]rU`U`bYgn`cXrñUb]feg W]b]Ug]ck cXck UbYdfUk ]Xckmã`i V  
Võbra`r]g`cgkUb]Yã`cd]g`bnW`h`g ]Yg] ]i Vb]Yg`cfmg]Ub]Yã`ndclUX`Y`Ufg ]W"

**vital**

GWARANCJA ZDROWIA

%)!+\*&6]Ungtc\_`  
i`"5 brcb]i`\_` : Uf") #&(  
,) \*\*&- &\*+` fYXU WU  
,) \*) (+, `S\*` gY`fYU]U]i  
,) \*) % `S` `Xr]U`UbXckm` `i fh  
,) \*) (+, ")` kkk"U]ra Ub`d` XHU  
g`Yd` fa ckm6]Ungtc\_`zi`"5 brcb]i`\_` : Uf") #&S

K ]õW`]bZfa UW]rbUXr]YgnbUdcffUi`kkk`cXmñ ]Ub]Y&("d`

DF-BH98`B`DC @5 B 8

# Gd]g'hfY VJ

DcWkUmXU_gâ_]>U`Yä'a b]Y^]b]YcgUYän[ cX .....	+
DcXjô_ckUb]U"	-
K gôd"	%%
FcnXjU %` I rUY b]Yb]YcX^YXmb]U"	· %
FcnXjU`&` ? cblfc`i`^`YXmb]YŽUb]Yk U]ô"	· ' +
FcnXjU`" B]Yk gmh_c`nchc`"	· ) %
FcnXjU`(" G_i hMbnfcXU^a chk UW"	· * +
FcnXjU`) " I kc`b]^gô"	· ,
FcnXjU`*" 7c`dcWää`nsma`ž`YWW`gô`k`jôW^"	· %\$+
FcnXjU`+" 7c`b`Uc]UX3"	· %) )
FcnXjU`,`" DfcVYa UnWbU_k Yg]U[ cX`"	· %%%
FcnXjU`-`" Hkc`YdckcXm`"	· %' +
FcnXjU`\$`" Ac`YWUc`a` `_U]Uc`"	· &\$'
FcnXjU`%%` I rUY b]Yb]YUdcW]V]k U]b]Y`k`U]fc`W`"	· &%
FcnXjU`&`" DcfU`_Urs`_Ugâ`"	· &)
8cXU_hkY f XUdca cWn`"	· &-



# DcWk UmXU\_gjâ \_] >U\_ 'Y ä'a b]Y^]b]Y'cgrUYä'n[ cX

DcXY^ VY; ]`]Ub`F]Ym^Ygi`UgYz`dfcgY`]sg\_i`hWbY`HU\_gâ\_U  
^YhXcg\_cbUâ`fY\_ca`YbXUWâ`rLf`kbc`XUdUâWVZ`U\_`]sdfnY`UXU  
`âWV`gô">Ygide`dfcgi`bU^YdgU"

@g]Y'?YbcbzY\_gdYfhXg"nxfck ]U]U ref\_U

C [ fca b]YVY`UkU]sca`cWU`8UYg`ô`ha`z\_h`fmk`WY`b]Y^W!  
']gô`c`Ufâ`]X]Yh]sdcf`UX]Yh`hWb`nW "

'8cfchmFck`Yz`dgnWc`c[ ]U]U ref\_U

DfnY`Uh\_gâ \_]>U\_ 'Yä'a b]Y^]b]Y'cgrUYä'n[ cX`cfUicd]g`bYk`b]Y^  
hWb]\_]`gâ`VfXc`dfcg`z`X]ô\_]`Wâ`a`rLf`kbc`dfnY`VY`bU`hô`  
a`YrcXz`\_h`fUfYk`c`i`W`b]ri`^Y`bUg`Uk`]Yb]Y`Xc`^Y`Xnb]U`]sk`U`]z`U`  
]k`nhk`U`b]Yk`b]Yz`gâ`Uk`Y "

- Sarah Litvinoff

DcXW]g`[X`nk]ô`gr`ä`\_gâ`Y`\_`cscXWi`X`Lb]i`rUYW`g`i`d]U`gô`  
bU`bU`a`c`Xb]Y`gnW`X]Y`HU`]sb`U`k`]Y`gnW`bck`]b`\_`UW`k`sh`^`X`q`Y!  
X]b]Yz`HU\_gâ`\_U`UYW`g`i`d]ä`gô`b`UGC`6-9`Nc`Vck`]ä`gô`dfnY`X  
g`lä`na`g`c`Vä`Xc`h]`[`cz`Y`h`n`9;~`A`B`-9`>`HU`V`fra`]`dfcgY`dfnY`g`U  
b]Y; ]`]Ub`F]Y`h`i`Y`f`n`M`ck`Y`dc`XY`^`VY`Xc`b`U`i`f`n`d`c`f`n`V`h`i`Y`X`n`b]U  
]ä`rUY`b]Yb]U`c`X`b]Y`[`c`dca`c`Y`V`i`mg`U`ä`k`]Y`X`ô`d`c`f`n`V`b`â`Xc`h]`[`cz`  
Y`h`n`U`]Y`rc`Vck`]ä`r`Lb]Y`g`U`c`gô`k`c`]a`W`Y`Yä`d`ck`g`n`X`b]a "

'Dfc`Z`A`]h`UF`U`z`W`h`c`c[ ]U]U ref\_U



Dk bU\_cVjHŁns\_h fâ'cgHb|c' dfUWk Uŭa ždfnYgnU\_ ]YXm'hfU  
d|ô'ksclU gkckY^\_`|b|W|sdck|YXŕ|UŁŻ YksMá|i`\_]\_i` Xb|ž'U\_ ]Y  
rŭô c`Y^ dfnYmhb|Y hY^\_gâ \_|žXck |YXŕ|UU gô'k|ôW^b|` dfnYi  
a |YgâW'hfUd|] "

'A [FAU[ ]YDFygrcbžXcfUWV' nY|ck m

K g|Lb|UUHfUd|Ua U Y g\_UXUcg Vi k\_ UbnW'ksfi XbâfYUWô  
nšYXnb|Yá "

DufjW'<c'žcfžU' hcf'j'ŕUc nYV'`\_łgmi'hi`CX nŕ|Jb|U'cdhna Uby|c  
(The Institute for Optimum Nutrition)

>U\_ 'Yäa b|Y'`b|YcgUYân| cX`\_âWnk'gVjYrLf kbc'fYU|ghWbâ`  
UbU|rô'rLfrâX|Lb|UkU|â'jsi rUY b|Yb|Yá` cX`YXnb|UŁ'U\_ ]sfcgâX  
bY dcfUXmXchMâW h|cž`U\_`rLdUbckUâ` bUX dfnYUkLb|Yá` gô`  
F|]YrŕkYk g|Lb|Umgdcg VcVUa |hž`\_h fYbUfcgnŕk\_c\_` hYá Uí`  
'YXnb|U "

- Tygodnik *Time Out*

HU\_gâ`\_Uhc`b|YcWb|cbUdca cWb|Yhm\_c`XUcg Vra U|UâWVW`  
gô'ndfcVYá Yá` dfnYUkLb|UgôžUY|sXU|W'hfUdY h k "

'<Y; f|ž bždgnWchYfUdYi HU|JU hcf

DcXcVUa |gôdfcgrUa YrcXn'cd|g|bY^ksU\_ 'Yäa b|Y'`b|YcgUYá`  
n| cX`\_`rLXŕk|UâW Ukc`Yg'irferi a |Yá`Y^dcXg|UkckYrLg|Xn  
cfUí`Y'g'cgkUâ`"7c`bUkU b|Y'gnž'cdnVnLá` gô'k|Yi`'gk|c|W`ô|  
\_ k XchMâWVW`YXnb|U` h|c`dfnYX'i hUâ`\_cb|fc'|`cfUí`dfnYX  
dcfU\_â`\_ Ušrc`XUYa |`dYkbc`ž` YrbUUhUá` hfkUYfcrk|árLb|Y  
a c`Y|c`dfcVYá i`"DfnY`cbUá` gôž` YbUdfUkXô`a c|ô'rU Zlá`g!  
V|ž`Y`|WcXŕ|c'sYXnb|Y` k|UXMh'csma` bUk YhZU`hž` YcXng`U  
Uá`dcW|VjY`i a cfi`bUhb'hYá Uh "

'A |f'Uá`'6c`U\_`8cbX|ž'dgnWchYfUdYi h\_Łž`\_łgmi'hi`DgnWc`c[ ]|Gŕcgcck Uby`žN` frnW

# DcXn]ô\_ck Ub]U

>g]Yá 'kXn]ôWbUkgng]\_ja ž\_h fmñXU] 'a ]' r] cXô' bU WkckUb]Y  
rs]W' di V|\_UW' bU \_ckñW' ]s\_gâ Y\_ž rk Ug]MU Xc\_hcfca 'BU  
hUb]Yck] '6fUbXYbck] ' ]s>ZZYm]á i 'A " GWkUfhck ]" DcXô Uá '  
kgñ\_Y]g]bgkbyg]fUb]Uks\_]Yfi b\_i 'g\_cblU\_hckUb]Ug]ô'ncg!  
Vlá ]'dcg]U]U'áVá ]'dfUkUU hcf]g.]YW]Yá 'i mg\_Ub]U]U]Y'^r] cXñ  
]sdfñdfUg]Lá 'rU'U\_]Y\_c'k]Y\_'dfm]U]\_ž\_]YXñ\_c[ c 'dca ]bô Uá '  
'i VVôXb]Ydfm]U'VñLá 'bUk]g\_c"DcdfUk\_]VôX]Yá c bUb]Yä'  
ksdfmgñW'krbck ]Yb]UW'Xfi \_i "

C [fca bYdcXn]ô\_ckUb]Ug\_ U]Lá 'f kb]Y 'bUfôW'a c]W'\_ ]Ybh k '  
]Wññ'b]\_ kž\_h fmñcd]g] ]gkc^Y\ ]g]cf]YbUdchñWññ'^\_gâ \_]"



# K grôd

K s\_k Yg]]k dfck UxMb]Ura ]Ub'ksnk ]Yb]i ' Vñkr] `ôXi bUhcžMñ  
dcgfn] Uglôhc 'U\_c X]YñžcXWi XiLb]YžMñiY 'ñfck YcXnk ]Ub]Y  
'dfcdbc] 'Ygôirk\_m`YdYkbY\_cb\_fYbYa YrcXiñHU\_gâ \_UgdfUk ]ž  
Y'YrU\_k Yg]cbi 'Ygi"

- *A =H'Nub]a 'mYgžrUMY\_UžU 'dcW' Ygi/ X'K ñôWY'g:V]Y  
[ cXi 'rU dfñk cXb]\_U a c Yc\_Ulâ'gô' b]YkñhcXbYž b]YdfU!  
hWbY ]sdfmg]UfrLâ' hfi Xbc W'kscXcck ]YXb]Y' ]bhfdfYUWY"  
K ]YVUXU 'km]Ucž Y[ Xb]Y'Ygik ]UñhcXbra 'gñbUYa '  
bUhcž Ya c bUW' rY ä"*
- *MIT: DfnYU 'Yäž ]YñicW' Ygihc ä"K ]ô\_gc ä'i X]b]Y  
cXW] kUgñc WU Xc'\_]\_i 'a ]bi hpo dcg'\_i ">Y Y]a Ugig\_cbl  
bc äXc'dfnYUXb]Ugôž'Ygihc rUd bc"*
- *MIT: 7i ]Y' 'Yhi rUYb]UäWñk ]ôWYXbra 'fcrk ]ârLb]Yá '  
'YgicXg]k ]b]Y]c'k'si dYbc W'c V]Yb]WUgñbYbW]cXW!  
\_fi 'lc'VfXrc'kngc\_c'i g]k ]cbUdcdfñWU'>Y ]'dck cXñb]Y  
hk c]W'dUb k VôX]YrUY Uc'cXh]cž Yb]] Xñk ]ôW'b]Yrñgi  
W\_fi žVôX]Ycbc'VfXrc'\_fi WYžU\_s ]YXñLâ ]Ygihc' dcg]Ubc!  
k ]Yb]Yžb]Ydcrg]Ub]YW UXbU]bbUg]fU]]U"*
- *MIT: CXg]k 'W ]Yž dgñb]W ]#i V dfcX' ]m'dfn]k cfrcbYž  
UsUW]]b\_]rb]bâ"K ]YYcg VcXWi XiLâWñW'gô'Xc k ]UX  
Wñc'YZ\_li 'c!'cždc`Y]UäW]c'bUha ž Y W]Y'hma Umigô*

X]Ymđfnŕn\_]`\_Ua ]YgôWđc Wra `dckfUWmXc`dfnYUXb]Ugô`  
dc`dcbckbra `dc`Uk]Yb]i`gô`WôV]bU]H]c`hđi`YXn]b]Y`

• MIT: >Ynk gng]czbUW`a UgnicWclôž]sLi Z`gk`c`Ya`i`WU  
i`ž`Ydck]YV]Z`W]c`dclfnW`Y`; XnVn]Urn]gU]Ug]fUkXrUU  
gôžb]Y]g]b]UUVm]UXb]Urs]U`Yk]Yi`Xc`Y]`]kc`W]sWcf`Vdc!  
k]âr]LbnW`nY`nra`cXnk]Ub]Ya`"HU`gâ`\_Udc`ŭi`Yž`U`dc!  
\_cbLâ`k`UgnđcV]â[ `Xc`dfn]Mk`cfrcbY]c`b]Y!YXn]b]Už`\_h`fY`  
knk`c`i`YVwcfVih`

• MIT: I b]\_U`dc`i`g]sUa ]^gcV]YVW]gž`Ynrb]Ya`m`Yács`WnY`  
b]i`"6râ`a`c`Ygâ`'i`nXâ`nY`gô`dfnY`cbLâž`YHrn]gU]UX]U  
h]c`Xc`dYk]bY]c`g]c]db]U`HU`'U`\_h`c`Yg]rs`UX]c`fcXrU]`dfc!  
VYâ`Yâ`n]Yckra`ž`i`b\_]b]Yr]UdfckU]râ`Xc`Xi`[`ch]fa`]bck`Y]c`  
fcrk]âr]Lb]U`

• A =HB]Y`YnđcX]M]g]c[ `âX]b]U]H]Yk`In]"7\cXr]li`cstrž`Wn  
i`hfma`Lâ`gk`c`â`i`k]U`ô`bU`YXn]b]i``UYdfn]WY`b]\_hb]Y]dc!  
k]Yž`Yb]Yb]UYnfcra`Uk]Lâ`dcX]M]g]dcg]\_i`°A`c`bU`Y`â`a`b]Y`  
dcX]M]g]dcg]\_`k`]sYXbcW]Y`b]Yfcra`Uk]Lâž`Wn]Lâ`[`U]H]ô`U]Vc`  
c[ `âX]Lâ`dfc[`f]Lâ`hY]Yk]m]m]b]r]Y`]`ja`Ugô`b]U]h`c`Wclô`

• A =H`DfnYUXb]Y`gô`lc`gi`H`b]fcrk]âr]LbnW`dfcVYâ`k`  
Yâ`c`Wb]U]bnW`5s`YXb]U`k]Y]Y`cg`V`cV]UX]gô`ksWk]UW`  
g]Mô`V]U`]sf]UX`c`W]`g]b]Y]Y`g]c]g`V`b]U`dc`cb]b]Y]dfcVYâ`i`  
n]dfnYUXb]Yâ`gô`Vn]r]U]ô]V]b]U]gô`k]s]dfn]Y]g]c`â]s]cX`fn]WY]c`  
g]Lbck]V]fXr`i`k]Ub]U]â]V]Xc`k]U]X]M]b]Y`

C`h`c`ni`dY]b]Y]bb]Yfcrk]âr]Lb]Y`

FcnXn]U %

# I rUY b]Yb]Y'cX'YXnYb]U

*NfYmf]bck UYa 'rsYXnYb]Ugnd]bU\_i 'bU'VUg'dcghi "*

F. Scott Fitzgerald

7m]YgY i rUY b]cbm]cX'YXnYb]U]B>Y `]f]i Xbc 'YghV]cXcck ]YX]Yä`  
bUhc`dnh]b]Yzk ]YXž Yi rUY b]Yb]Yk WYb]Ya i g'dfma ck LãZf!  
a mY\_gfYa UbY" CgcVčž\_h fUdU]`XkUdUd]YfcgnXr]Ybb]Ya c bU  
i rbLã:rUbUc[ck Y[c'dUUMU'I W]k c ä'bU\_Ui 'YdfmnbUäž Y'Ygh  
hc'gUVgnbU [ b] `ksdfm]UX\_i `cgVnž\_h fUcXdU'YXb]Y[c'dUd]Y!  
fcg]cXXfi [ ]Y[cžUYa Lã n]i `Xc W]b]Yb]U]nsma `gLa na `dfcWgYa "

I rUY b]Yb]Y'cX'YXnYb]UdfnY'Uk ]Ugö'bUk ]YYf bnW'g]cgc!  
V k"A c Ya n]rsb]a `a k]äi]Lf kbc'ksdfm]UX\_i `cg VcsdfUk ]Xc!  
kY'kUXnY'V]U]ž `U `]smW'rsb]UXk U]ä'cfUichmW" A c bUcsb]a `a  
k]ä`bUk Yhksdfm]UX\_i `cg Vrsb]YXck U]äž dcb]Yk U `VnkUä`  
cgVn]UfXrc'g]M d Yž\_h fY'YXrä`k m]Wb]YUfXrc`i rUY b]U]äW  
b]Yn]Xck Y'YXnYb]Y'

HU\_gä \_UcVU]b]U]ž `U `a c bUdfnYrk n]W]ö nã`bU [ `YXnYb]c!  
`c]ra i `r]Lf kbc`hb]g`brž`U `]shb`gU]n]i>Xb]U]nsfi Xbc W]Y m  
ksha ž Y'Ygich`HU `kgn]WcV]W]ma `]sg]U]na `YYa Ybh]ä `bUgnY`  
kulturyž Yb]Ud]Yfkgm]fri hc\_Ua c YVnã`h]i Xbc`[c'ksc[ `Yr]U

\*K s]Wi i b]b]ö]Udckh fnY `dfm]hc`W]\_ck ]Y]i a ck bã`\_cbk YbW]žr]c]X]Y]rs\_h fä`  
U hcf]rk fUW]göXc`W]h]b]\_Ud W]a ög ]Y`ftf]m]`hi a "E"

\*5i hcf\_U'Ygh]f]n]m]äzgaXcd]g`Ycb]U]n]W]k ]g]c ä]s]i `h]fö]gk`Y[c`fU] žks\_h frã`  
b]Yn]Xck YcXr]k ]b]Y]gö]š]c]m]c`äg]UfX]Y`fcr]ckgY]W]b]c]b]Y]ftf]m]`hi a "E"

i kUrä" GdfUkXž Wm\_h fm' rscdb] gnW' cd]g k' hfUz]Y cd]g 'Y  
hk'YbUkm]` nk ]Yb]ckY

- K ]Ygž Y'U'Ugnick ]Y'YrU'Xi c'cdXU'Ugdcdg\_ kžUYa b]Y'g'Y  
dcfWY'Vöb]Y'g'U'W'bi 'ä/
- Dc k ]Y'U'cfbra 'cdg\_i XUY'g'fki 'Y'g'icV]Y'dfn' äg\_ /
- C'lk ]Y'U'g'idU'U'ô` \Y'U'U'U' k' rslä ]U'Yä 'n'Y'X'nb]U 'Y'X'b]c'  
Wm'Xk WžUY'frU'X\_c'gö'n'U'frU'ž W'm'rcgUc'W' `k ]öW' b]`  
g'ä Yc\_fi gn\_ /
- N'm'W'ö'c' a m' ]g'ic'Y'X'nb]i /
- D'fn'ik ]ö\_g'c ä'W'U'g' W' 'Y'g'i[ X/
- 7ri 'Y'g'i[ Xdc n'Y'X'nb]i 'g' ]X'b]c'cdg\_i /
- Dc 'Y'X'nb]i 'W'ö'c'X'U' k'U'gia b]Y'g'm'i V'k ]ö\_g'm'X'ng'ca Z'f'fi  
fbd" g'Y'bc äžk'n'ö'W'Y' i Va Xc V'U/
- FrU'X\_c' i V'b] ]X'nb]Y'n'U'frU'W'gö'Xc k ]U'X'W'rä' dfUk X'r]k Y] cž  
b'U'i fU'b]Y]c' i W' ]U] c'X' /
- 6c ]g'igö'Xc k ]U'X'W'rä' dfUk X'r]k Y]c' i W' ]U] c'X' /
- >g'ic'k ]Y'Y'rU'gn'V\_c ]s'fi X'bc 'Y'g'i'W'Y' ä'k'c'b]Y'/
- 7r]U'Yä 'k'W'c'X'r]g'ic's'g'c'Y]c' f'c'X'U'i 'hfU'bg]sb'U'k'Y'ib]Y'n'U'Y'g'i  
g'c'V]Y'g'f'U'k'n'm'h] cž Y'Y'g'r/
- FrU'X\_c' 'U'U'g'i r]Y'W'b]Y' d]ö'ä' dcfW'Y' X'r]Y'bb]Y' `ck'c'W'k' i V  
k'U'f'm'k/
- K ]Y'f'Y'g'c'g'c'k'U'b]Y'gö'Xc' X]Y'm'g]U'bc'k] X'U'V'W]Y'V'U'f'X'c' X' Y  
k'm'k'U'b]Y'ž'U's'Y' ]'W'gö'hc' i X'U'Y'ž' d'ch'ä' `c'X'ng' i 'Y'g'ic'k'g'm'g]\_Y'  
i hfU'W'b]Y\_]c]f'U'ä' m'
- C'X'U'U'g' Xc' W'U'g' W' 'Y'g'id'c'f'n'Vö'c'V'Y'X'nb]U'gö'b]Y'n'X'f'ck'ra ]  
d'f'c'X' \_Hä ]ž\_ h'f'n'W'r'k'm' `Y'b]Y'U'U'U'g'ž'dc' W'rä' r'U'k'g'Y'c'X'U'!  
k'U'g'i U' ]s'X'Y'b]Y'f'k'c'k'U'b]Y'/
- B]Y'Y'g'Y' b'U'Y'd'g'mä' `c'U'Yä 'n'X'f'ck]U' `W'f'd]g'ib'U'r]U'öž'r]U'  
h'k'U'f'X'nb]Y' i V'd'f'n'k' `Y\_ Y'ra ö'W'W'b]Y'/
- 9b]Y] ]ö' W'f'd]Y'g'i r'si nk'Y'ž' H] ]W' `U\_ `W\_]M'ž\_c'Z]bU ]#i V  
b]\_c'h'b]U'
- 8i c' `U'f'X'r]Y'X'U'g'ic's'n'X'f'ck'ä' X]Y'ö'g'c'Y' f'c'X'r]b'm'b] `g'k'c'ä'  
k'U'g'ä/

- FY[i `Ufb]YXc k]UXXMgndcWd V]Uk ]bmi V`Ui`rsdckcXi`hM[cz`W`Ygn`i`VksU`JY`^]c`W`
- GHUYb]YXcfma`i`Ygig`UkLnW`g`V]YcV]Yb]W`XchM`M`W`hM[cz`W`V`Xr]YgZ`U`M`[c`b]YV`Xr]Ygn`Y`ä`/
- K ]YgZ`Y`U`Lgn`M`hik ]Y`Yb]Y`M`fck`nW`dfcXi`\_h`kZ`UYb]Y`i`!`V]gn`M`fck`Y[c`^`YXnYb]U`L`g`M`M` `b]Yk`U`f`m`k`/`
- Hkc`Y`n`M`Y`Z`U`rk`U`g`M`U`lk`^`b`U`gf`^`Z`r`UY`n`c`X`k`U`j`"

?UXria`c`Yc`X`W`L`g` `Xc`W`L`g` `Xc`k]U`X`M`L`ä`b]Y`\_h`fn`W`rsdck`m`l`gn`W`c`V`U`k`k`"D`L`ä`]d`U`^`Y`X`b`U`\_`Z`Yi`rUY`b]Yb]Y`r`c`\_`k`Y`g`h]U`g`r`c`d`b]U` ]W`b`U`ö`Yb]U`B`]Ya`U`]b`]]`X`n`b]Y`V`ö`X`r]Y`U`g`b`Y`^`]`k`n`f`U`b`Y`^`]`b`]]`Z`\_`h`f`U` **preczyjnie** `k`n`b`U`M`U`U`n`i`f`U`b]`W`Z`r`U`\_`h`f`ä`r`U`M`n`b`U`g`ö`b`U` ["`H`c`b]Y`c`r`b`U`M`U`^`Y`X`b`U`\_`Z`Yi`rUY`b]Yb]Y`c`X`^`Y`X`n`Y`b]U`b]Y`]`g`b]Y`Y` `]`s`Y` `]`\_`h`f`Y`rsdck`m`gn`W`dfc`V`Y`ä`k`b]Y`W`W`ä`r`b]`b`ä`ä`n`sk`c`Y`[c`n`M`U`Z`d`c`a`W`W`ä`c`Y`n`b]h`f`d`f`Y`r`c`k`U`b]Y`]W`c`V`W`c`W`]k`sh`U`]`ä`k`U`b]Y`k`]`h`Y`"

B]Y`\_`U`X`n`i`U`k`r`U`g`ö`n`Y`g`k`]Y`X`n`b]Y`ä`Z`Y`^`Y`X`n`Y`b]Y`Y`g`h`i`rUY`b]U`ä`W`^`A`c`Y`d`f`n`\_`c`b`U`]Y`r`f`c`X`]`c`g`ö`r`S`c`k]U`X`M`M`b]U`d`f`U`M`h`r`S`]`b`h`U`a`]`Z`\_`h`f`r`a`d`c`a`U`U`L`ä`f`ri`V`ä`d`U`b]Y`DU`U`M`M`W`ö`g`c`d`U`ä`d`U`]Y`f`c`g`U`r`L`ä`]`U`g`h`W`n`Y`ä`c`f`U`Z`r`k`U`g`M`U`\_`]Y`X`n`f`ri`W`ä`d`U`b]Y`Z`^`Y`X`ä`r`L`ä`]`U`g`h`r`L`U`]`ä`"B`]`\_`c`h`n`b`U`^`Y`g`i`d`c`k`g`n`W`b]Y`d`c`g`f`m`]`U`b`U`^`U`c`g`V`g`U`b`W`U`i`rUY`b]U`ä`W`]`S`X`U`k`]Yi`c`g`V`W`ö`ä`r`L`U`b]U`]`S`W`ö`ä`n`Y`X`n`Y`b]U`M`M`[c`g`U`ä`g`ö`k`m`a`]Y`b`b`Y`Z`U`S`M`U`g`ä`]`b]Y`X`c`f`c`r`f`b]Y`b]U`

6`n`k`U`ä`b`U`k`Y`h`i`U`W`d`U`U`M`Z`\_`h`f`m`g`ä`b]Y`h`m`Y`i`rUY`b]Yb]Y`c`X`b]U`\_`c`h`n`b`r`Z`W`c`X`^`Y`X`n`Y`b]U`^`H`U`]Y`c`g`V`n`a`c`[`ä`r`L`U`]`ä`d`U`]Y`f`c`g`U`i`V`b]Y`d`U`ä`^`Y`X`n`b]Y`d`c`h`c`Z`Y`n`ä`]`ä`\_`c`b`f`c`ö`b`U`X`h`a`Z`W`^`Y`X`ä`]`S`Y`k`U`ä`"B]Y`g`ä`c`b`Y`H`U`b`U`d`f`U`k`X`ö`d`U`U`M`L`ä`]`h`c`^`Y`X`n`Y`b]c`c`]`W`ä`\_`h`f`m`i`d`U`ä`"H`U`W`ö`ä`f`ri`W`b]U`d`U`b]Y`]`Z`\_`h`f`U`d`c`k`]`ä`r`L`b`U`^`Y`g`i`n`S`d`U`]Y`f`c`g`L`ä`]`Z`^`Y`g`i`X`U`b]W`g`r`c`g`b`\_`c`k`c`U`k`U`X`c`d`f`n`^`W`U`K`m`k`U`b]Y`g`U`b`c`k`]`r`a`]Y`f`n`b]Y`g`ö`n`Y`g`k`c`]`ä`^`Y`X`n`Y`b]c`c`]`r`a`Y`ä`Z`\_`]Y`X`n`i`b]Y`d`U`ä`"

-`b`b`Y`d`c`X`c`V]Y`g`k`c`d`c`a`]d`X`m`i`rUY`b]Yb]Y`ä`c`X`d`U`b]U`U`S`h`a`c`X`^`Y`X`n`Y`b]U`Y`n`k`s`b]Y`ä`U`^`Y`X`b`h`M`b`r`a` `]`s`f`U`M`M`^`d`f`m`]`b`ö`]U`ä`W`ä`c`X`g`h`i`c`g`V`d`c`k`f`U`W`ä`M`W`X`c`b`U`c`[i`" `^`Y`X`c`r`S`f`n`h`f`]`k`X`Y`!



bji 'áVVV' i rUY b]Yb]Y h'c' k]Yc\_fcbY b]Yi XbY df Vm dfrn'óVU  
 \_cbhfc']bUK\_ca di 'gkbra bukm]Yá "DckgnWb]Yk]UXca c'hY ž  
 Y rlf kbc' dUUMca ž 'U\_ ]scgVca 'k]YMb]Y cXWi XrUáVá 'gô  
 VUXc' hfi Xbc' 'YghknhkLá'ksqk]W'dcg]bck]b]UW'bUXi gá'  
 a Yrô"K YXi [ 'VUX žbUgi 'dUUMndcX'á i 'áVVV'dckUbYdf Vn  
 fri Vb]UdU]Yfcg kžU -) 'dckfUWXc'dUYb]UksVá[i 'fc\_i "HU\_]  
 gá 'kg\_Ub]\_ 'b]YdckcX'Y 'dfmLUMbm'YghVdgr'ks\_cbhY\_VY  
 X]Yž Usk YXi [ 'YXb]c'rsVUX 'Ygicb'YgVY [ cfrñH' dfn'dfc!  
 kUXrbYks&\$\$ 'f'ks5b] ']] VUXb]Y kmUUCž Yrñi a ]YkUáV'  
 kng\_ ]cXgñY 'cg VžVc U - - 1 žUVc'b]YgWi Xc'mž]YVWVUCž  
 UVc'cXng\_Uc'i hfUWbY\_]c[flá nksVá[i 'fc\_i 'fR'

K scg]UbjW' 'ULW' bU\_ ck VñrLmô] cX\_fñkLá: fYU\_VY Vc!  
 WYá ]MbYrUWCXrāWksa r]i 'dcXVLg'YXñb]Lž\_h fYgá'gd 'bY  
 rñma ]kngñódi 'áVá ]ksdfmLUX\_i 'i rUY b]Yb]U'Ac bUknk]c!  
 gckUžž Yrk UgñU hi gVY ]sW\_fm dfgY'cXr]Ui 'á' bUa r]  
 VUXc' dcXcVb]Y Xc' b]\_ chbm]s]bbnW' i rUY b]UáVVV' g Vg]bVW'  
 dgrñVcU\_hkbnW'fR'

? ]YXña k]a rñ Y 'YXñb]Y i rUY b]Lž b]Y gkUfrLá mibck Y]c'  
 dfcVYa i ' 'g]k]Lá mdfcVYa 'í ' ]gb]YáVñks k]YñY dfUkXñi  
 K rñU]UáVgô' dfrñXcVbá' \_c'Ybra 'dckcX'á Xc'V]MckUb]U  
 gô'ndckcX' h]cžW'rñU]Lá m' a c bUi rñ'\_cbVdhi 'bUc[i 'U\_c'  
 knfU]b]Yb]UdfcVYa i 'dfrñ'UXLb]Ugô"7\cXr]c'cž YXcd]Yfc\_]YXñ  
 rferi a ]Ygôž'U\_Xr]UUi rUY b]Yb]Yž a c bUi rLá rLg\_Xbc ä'gfUM!  
 [ ] ]\_cb]VñbnW'Xc'dcfUXñb]Ug\_V]Yñb]a "

A ]a c'kgngh\_c' hU\_ ]Ydcg]Lk ]Yb]Y\_k Yg] ]dfm'UXLb]Ugô:g]k]U  
 k]óV' dñU 'b] 'XUY cX dck]Xr] "? U XñbU [ ' 'b]YkUbYž Vñ  
 b]\_chbckrñ\_cZ]bckrñ Vñ'U\_]\_c'k]Y\_ ]bbm' a Ugkc'á k Ugá'  
 WfU\_hfngñmô" C Vñk ]gY 'Ygž Y cXdU]b]Y 'YXb]c' dU]YfcgU  
 cX Xfi [ ] ]c' h'c' W' ]bbY]c'b] 'ädU]Y\_fU\_i "I rUY b]Yb]Y cX \Y!  
 fc]bnrc' W' ]bbY]c'b] \_ca di 'gk bY i dfUk]b]Y \UhfX' "K UbY  
 gá 'YXbU\_ ]W' VVñkgl 'bYž\_h fY dckUUá bUkLá 'Ykgngh\_ ]Y  
 bUc[ Lá ]" NcVUMá rñ'U\_ ]Y h'c' VVñ]sU\_ gô'cbYa Uá kscXb]Yg]Yb]i '  
 Xc' 'YXñb]U'

FcnXnU &

?cblfc`i ^YXnMb]YžUšb]Y'k U| ô

9d]Xya ]U'chmc V]rc`g\_i fY\_Xi ntiV`jc V]YXnYb]Ugdc nti UbntiV`  
dfnYn`VYnVnbnbnV`i Xn]"

8f; Ycf]Y6fUzdfck UxnVirk m\_UkmsXn]Xn]brchmc V]bU@ ]nU g\_ia | b]k YfgrhV]V`Gtuck na

@ Xn]Ya c[â`gô`ra ]Yb]ä""? UXna c Y`HU `bUdfUkXô`k gmgVngô`  
ra ]Yb]Ua mrsVUfXc`dfcg]m[c`dckcXi . \_]YXn]Xn]Ya mdfnYn` nV]ž  
dfmXUfrUâ`bUâ`gô`f` bYfnVnž\_h fYksgdcg Vb]Yi b]\_b]cbnknh  
k]YfUâ`bUbUg`kd nkždc`Vna`dcrcgUk]Uâ`bUgna ]Yb]cbnV" B ]Y  
WcXn]`cslcž Vngô`ra ]Yb]Ua mUYXc`U\_]Y[c`g`rdb]Ug]fi`Ya m  
dfnYa ]UbâžVnbb]YXVnV`i`âVgô`bUkmfYckUb]YcgVnž\_h fâ`bU  
dfUkXô`WVYa nVnâ"

K s\_kYg]]`g]fckUb]U h]c`hndi`dfnYa ]Ubâ`bUYmik]YXn]Yä`  
csXk W`\_i VcknV`gdfUkUW. b]]Xn]b]YXc`cbUgô`cbUrsXb]UbU  
Xn]Y`]sb]]Xn]b]\_h]m]c`rU]V]V]Yb]YrfcV]" Na ]Unkna U]Uâ`VUg`ž  
U]U`Ykng`\_i`rskc`Y`g]fcbn]"

5sYXbU`Y`]WcXn]`ckU|ô`h`gô`]s[i`fô`Vnâ`c`Ydc`k]ô]V]Y`  
1`k]YYVUg`]skng`\_i`bUdfnYdfckUk]b]Yra ]UbžUYc`UfUc`gôž  
YUvc`V]gô`ks[ `Yb]Yi`XUczUvc`b]YbUXi[c]"H:c`Vnku] V]Ya c`Y  
gdfUk]ž`Ykâh]gniks`k`c`â`nXc`bc`â`Xc`cbU]Udc`â`XbnV`ra ]Ub"

>Y`]a`YrcXUž\_h`fY`df`VckUY`kV]Yb]Yžrc`U\_]Y[c`fcXU]i`X]Y!  
Hžk]YXndfmbUâ`b]Yž`Yb]Y`Yg]Y`kšna`g]â`c[fc`a`bUk]ô`gr`ä`

cg VbUXjYUW'cXmg i 'Ykgngh ]Yi hfUwbY\_]`c[flüa rñA c Yhc' XUM]c WñhUñiô`gâ\_ô"Gri\_Uñi]bbY]c'ferk ]árLb]U'

K ]Hä rñH 'YrbUXjYg'i'H' b]Y'Ygh\_gâ\_UcsXjWY'`HU\_gâ\_U 'Ygicsma ž`U\_Xc\_cbUä`dfUkXj]kYžhfkUY`ra ]Ubrñ6nä`a c Yb]Y VöXjY Ukc`cXfUi `dfmñä ]s]Ug'cgkUä`dca ngrñ\_h fYh `rUdfc! dcbi `ô" H' b]Y'crbUMĹ Y b]Y'gä`cbY'fcrgäXbY'Ub]` Y b]Y'Ygh` ksg]b]Yrsb]W'g\_cfm]g]Lä" CrbUMUhc`m`cž` YdclfnWUVöXjYbU hc`hfcWöVMĹ "

8c]h]fWYXc` m]ckY]c`di\_b\_li žks\_h fra `YghY`hfUžr]Uöc`W kg]U`dYk]Yb`VMĹ` Wñrb]YVncVñr]Hä`fUW`bUb]Yk`c`nä`hfc! WöVMĹ`]skng]\_i`k`Xc\_cbUb]YdfUkXj]knW`dfñä ]Ub36nä`a c Y Wñ]Uvñ`Xcg]Lä`ferk ]árLb]Y`Uk`Y]svng`Uk ]MbYžUYWñr]c`bU dfUkXö`Ygha`c`]k`Y3B`UbUg`ñobnW`g`fcbUW`dc\_Uöž`Yferk ]árU b]U`bUgnV`c`XjYññLVYh`]ža`U ]MbYhWw]\_]`kngm]d`UäW` `ksbU`Ydgrñ`fU]Yca ]Uä`dfUkXj]k`m]dfcVYa`g`mfc`\_ja`i`\_]Ya`ž Uä`c[`ä`H`\_YbUdfUkXö`dc[cfgnä`g]fUk`ô"

**Hk`^dfcVYa`hc`b]Y]k`U]U**

K`sn]Wñk ]g`c`Vñä`a`c`YbUk`Yhb]Yk ]Xj]g]g]k`c`Y]c`dfUkXj]k`Y]c` dfcVYa`i`"DfUkXcdcXcVb]YknXUYW]göž`Y]k`c]a`dfcVYa`Ya` ` ha`ž`W`WV]g]ra ]Yb]ä` `Ygh]k`c`Uk`U]U`6c`[Xñm]k`c`Y`V]Uc` kn]`äXUc`H]\_ž`U`Vñ`g`V]Yk`ra`Ufmž ]s]c`bUg]UYž`Wñi`WñH]Uvñ` hō`gâ\_ô3>Y`]`hkc`UcXdc]YX`Vñra`].`C`Wñk ]V]ž`Yb]Y`ž`hc` dYk`bUa`m`k`Uf]Uferk`U`Yb]U'

K`n]fU`g`c`V]YdUUMĹ`\_h`fñä`k].`8c`ä`ä`Uä`'ä`h]m]c`\_Ugñi`" 7c`a`c[`ô`rfcV]ž`Vñdfñ]g]Lä`\_UgñYä3`"?hc`rk`fUW]i`k`U]öž`Yhc` dfñYñd]d]YfcgñUYdUUM]a`k].`H]\_žk ]Ya`žUYH]`bUdfUkXö`dc! hñYUa ]`U\_]Y]c`XcVY]c`Y`Ufg]k`UbU`\_UgñY`"

K`n]fU`g`c`V]Y`cg`Vö`n]dfcVYa`Ya`U`c`c`ck`ma`ž`\_h`fUa`k].` C`\_fcd]b]Ydfck`Uk`ô"7]ä[`Ydckc`X]`ô`k`m]U]k]";`Xj]Ya`c[`ô`r]d]d]! g]ä`g]ö`bU`\_Y`XcVY`Y`W`n]dfcck`Uk`ñb]Ug]ä`c`Wc`X]`3`"?hc`g`!

[Yfi ^Ž Yhc XUM] cž YdfckUX] d]Ubrňk ]óWYb'd]YXUY^sk gUXU  
kSú hcVi g'

6rä'a c Ygĵa 'i k]Ygž YdUUMY]U\_c\c]WMMgĵa ]bUdfkXó  
a mĵa kshb'gclg V'>Yghc'dYk ]yb'fcXU'a YWUb]ra i 'rLdfnMM!  
b]Lždcb]YkU 'rLdfnMM]ĵa'hYa i žbUWra 'dc'Y[U]W'dfcVYa "F !  
b]Wdc'Y[U'YXbU\_bUha ž Y\_]YXnks\_c W'dfmbUāž Ya Uā'dfc!  
VYa ž rkm\_Yk]Xrā'Y[c'dfUkXr]kYcV]MM" DUUMY' dclLbUk ]Uā'  
rLdUbck Lā bUXha ž YdUā'Uš]YbUXha ž Y\_Ugĵā"C g'Vrd]āW  
dclLbUk ]Uā'rLdUbck Lā bUXd]Wĵa žUš]YgclgVYa 'U'Xrĥ

K scfmUX\_i 'YXnb]Uhb'\_fc\_'Wōgrc'Vnk Udca ]UbrnUvc'dfn!  
WcXj'gō'dfnrb]Y[c'b]WU\_ck]WY'>Xnb]c\c]WdclLbUk ]Uā'  
ra ]yb]äk ]XcWbYcVUkmkU]ōgkc'Y[c]WU'G\_i d]Uā'gōbUg\_i h  
\_i žUš]YdfmWb]Yž\_h fā'Ygh'YXnb]Yks'mhXi nW']c WUW"

Hndckm'YXnb]c\c']\_dck]Y.' A Lā %S\_]c bUXkU]ž UšYi VU  
b]Ub]Y'Y ābUa b]YXcVfn]sknĥ'āXLā 'c\_fcd]Y'>U\_a c[ōgWi X  
bāā3">Y']\_hc'a i'dck]Y.' A i ggr'Y āa b]Y'žcXdk]Y.' K ]Ya "  
Nd]grō'gōXc'\_i Vi 'cXWi Xl]U"

>U\_k]Xr]gžhc'b]YkU]U'Yghk]c]a 'dfcVYa Ya ">YghcU'YX  
bra nYg\_i h\_k]kc'Y[c'dfcVYa i "Hk ^dfcVYa ^Ynksha ž Y  
Ygnk]óWžb] 'hkc'YV]Uc'dclfnM 'Y'B]Yk]óWžb] 'dclfnM 'Y  
V]Uc' ]bbY'cg'VnĥK ]óWžb] 'dclfnM 'Y'hkc'YV]Uc'"B]Yk]óWž  
b] 'hkc'YV]Uc' dclfnVckUcž\_]YXmVmY 'a cXgmUvc'VfXj]Y'  
U\_hkbrĥK ]óWžb] 'hkc'YV]Uc'dclfnM 'Y'hfUĥ'B]Yk]óWžb] '  
hkc'YV]Uc'VnrdclfnVckUcž[ XnVra ]Uc' ]bbY[ ]YbnUvc'a YfUc!  
']ra "K ]óWžb] 'hkc'YV]Uc'dclfnM 'Ydfm] YbUW]sa YfUc']ra ]ž  
\_h fra ]Xngclbi 'Yg]'Hc'gāXkr]ōngō'XcXU\_hckY\_]c[flā rĥ

? ]YXma k]ōž YdfcVYa 'Ymks'YXnb]i žUš]YkSkUXnž dc!  
Wāh\_ckc'a c Yhc'Vra ]Yā'YXnb]Y'U\_[fUg kžUYrLg]Lb ka ngō  
bUXha žVc'hc'kUbY' Hc'kUbY XUM]cž Y]a 'VfXj]Y' YgY'  
dfnk ]ārLbn]c' ]X]gWi Xb]óWžha 'hfi Xb]Y'VōXr]YWĵi dclLā'  
gōni rUYb]Yb]Ya 'cX'YXnb]Ufĵ'

NcVUā nāXUM]c' hU 'Yg'

# DfcVYa mñWYa 'k sdcgUJ/gWi Xb]öVJU

9ZY\_h'č! 'č

? ]YXm]Wngô'hm\_c ]skmâWb]Yi hfUUK U ]žrUg'cgk Ub]YX]Ym'a U g'bg" 5 'Y ]Y\_fcä' dfn'WcXr] gô'bUX]Yôž'ksg'cg V b]Y] b]\_b]cbm ]\_YXm]gô'Y'rUdfn]g]Lb]Y'A c YcbUdca WgWi XbâžUYg]U'ck] 'YXnb]Yma WUgk Yfcrk ]ärLb]Yf'kUY] c' d'fcVYa i . 'dch'WU' Xc' dfn'U'Xb]Ugô"

? ]YXm]WcXr] bUg]hm\_c ]skmâWb]Y' bUg]Uk U U'ž'a ch'k UWUXc' h]cž 'Ym'Y ä'a b]Y'r]\_ Uk fU'nsbU'Xä ]f'ckma ]\_]c] fUä Uä ]"Dc' rfr' Wb]i 'i dfU]b]cbY^k U ]' fl'sbUk Yh]m\_c 'Y^Wô W]L'b]Y a U'1 ' dckcX kž 'Ym]gô'b]Y dfn'U'Xä" 8cd]Yfc' ]\_YXm]hi g'Wm] 'k'fUWž W'ick ]Y\_ rU'WrbU'nXk Lä' g'V]Y gdfUk ô' r'sdfcVYa i " HU\_ 'kn] äXU rbUca m ' ]sb]Yn'f'ckm 'Wñ' rfr' Wb]JU ]sdc'bckb]Y] c' bU]YfU]JU k U ]žrbU'm]U\_c '9ZY\_h'č! 'č fR'

B]YcX'ck ]YXb]Y' n]k ]Mo]Y

? ]YXm]Wngô'hm\_c ]skmâWb]Yi hfUUK U ]ž U'k c' 'Yg]n] ]bc'fck Uä' k U'f'c W]cX'nk Wm' g'lc nk Ub]Y] c' 'YXnb]JU' A c bU b]Y X'cg]U'W'Uä' g'k c'Yä i ' cf]U] ]ra ck] ' kg'n]h ]W' dclfn'Wbn'W' a i ' g\_ U'Xb]\_ kž a c bU bUk Yh' U'Xä' d'fcX' ]\_hž\_h fY kn'f'äX'Uä' k ]öW^ g]\_cX'mb] ' Xc'VY] cžUY ]\_YXm]df]cfn]m'Yä ' 'Yg]i hfUUK U ]ž'c' b'k'd nk UbU X'Wm]Y' A c Ygô'k h'Xm]X'f'mä' hU\_ž Yf'Ym]bi 'Yä m'sfmi W'h]Z'g:] ' Xc'c'V]U] ž'dcb]Yk U 'gä' hi Wä'W žUY rU'dfô' [cX]b' dfn] ]f'm]Lä m \YfU]b]\_ ]ž'dcb]Yk U 'a Uä nbUb]Yc'Wclô' 'bc ]sdfn]W]Y W'mX]Y ' HU\_ ' U'Xb]Yf'ma U] a m]gô'X]Ynž'Uš' f'c' g'd]U]a n]h'Y Xc'X]h\_ ckY\_ U 'cf]YbUg ck b]"

HU] ' \UbXY' k'ra ]Yb'm]Yg]i h'm'ckmXU cg Vž\_h fY a m'ä' kn] ä'Wb]Y ks\_UM] cf]UW' k U ]" @Wä' \_Ucf]Y ]sd]ä' hm\_c' b'Udc'Y ' ]! [ \h" 8 Vb]Y csk U ô'hc' 'YXbU\_ 'b]Y\_cb]YWb]Y]hc' g'lä cž W' X'Vb]Y csn'f'ck ]Y'

Ht\_gnMbUfY'UMU'nsYXnfb]Ya

? [YXn]Mngô'hm\_c ]sknâMb]Yi hfUkU ]ž  
Vrk Ůž YrU'Wb]Uâ mcXW k lã'k ]bô'dc' rY!  
Xnfb]i 'M[c\_c'k ]Y\_ž Vck ]Ya ' \_UXnfcXU'  
'YXnfb]U rLk ]YU \_Ucf]Y' Nk UgMU dc' 'U  
Hw' ]Mb]U \_Ucf]] hfi Xbc 'YghXc\_cbrk Uâ  
kn'čf k' nk ]Yb]ckn'Wž dcb]YkU' \_UXn  
nb]W'kn'UYgô'Vrã'n'm

---

*8]MUa c Y'dca W  
gMi XbãžUY'ghubck ]  
'YXnfb]Y'ha VUgck Y'  
fcrk ]arUb]Y'f'k UY[ c'  
dfcVYa i . dchYbWU i '  
Xc dfn'Y'UXub]Ugô'*

---

B]YnXfcknk d nk' bU]Uc

? [YXn]Mngô'hm\_c ]sknâMb]Yi hfUkU ]žZY\_hmX]Yma c[ â'Vrã'  
a nãW' I hfUkU ] ]bUXf' Wôgc' dc' Y[UbU dcrM'W' gô' h\_Ub\_ ]  
Vrhi gM'ck YžW' b]Yhm\_c' dck cX' Ydfn'Xk WôgY'gUfnb]žUY  
]s' Ykd nk UbUg'Ub' n'fck ]ŮžU]U\_ Y'Yg'WVUFX]Y'i Uk ]Udfmh  
Vfub]YbUâ ]fbY'kU ] ]ksdfmgc W'N'Xfi [ ]Y'g'fcbřã\_ ]YXn'Ya m  
a âXfn' ]si dfU ]Uâ nbUk Yhm\_c' i a ]Uf\_ck UbY'äk ]Mb]U m'WbYž  
h\_Ub\_UVrhi gM'ck UfM'n] kš\_ kbY'a ]fn'Ya ]ô b]Y'ã c Ydfn!  
kUnã ]c ä'gdUcbY[ c' hi gM' "H' crbUMLž YkU ]Ub]Yra ]b]Ugô'  
kšU ]a 'g'cd]i ž'U\_ g'Ub' n'fck ]UcfU'k n'p'ãXfi E"

I b]Ub]Y' dfUk Xr]k Y[ c' dfcVYa i

? [YXn]Mngô'hm\_c ]sknâMb]Yi hfUkU ]ži b] Uâ mra ]fnb]U  
gô' n'cdfUk Xãž 'U\_ â' Ygh]bUgn' i rUY b]Yb]Y cX' YXnfb]U' B ]Y' YgY'  
dfn'WY' i rUY b]cbm'cX'gk c'Y'kU ]. b]Ya ]Yk Ugn' f' XbcWn'W' rU  
WV]bY\_ b'UXcXU\_h'ckm\_ ]c[ fUâ 'hi gM' b'U]cX'UW"

? [YXn'cW'WcX] b]Ughm\_c ]sknâMb]Yi hfUkU ]ži b] Ub]Y'gk c'Y'  
\_ca di 'gnk bY' dcfn'W'ndfn'Y'UXub]Ugô'a UgYbg' >Y Y ]zbUdfm\_ Už  
a Uâ mg\_ cbbc ä' Xc' cVUXub]Ugô' d' bma 'k ]Y'W'cfYa ž'rbUXi 'Y!  
a mg' V]Y' rU'W'U' bU' h'ô' dcfô' Xb]U ]sg'UfUâ mgô' b]Y' Vrã' k'hXng'ã ]  
ksXca i "A i g'hc' Vrã' fcXY\_ XcfUbm]sha WUgcknãš\_ ]YXnfb]U [ '

V]Yfnr'bUXbUä ]| fōžkU]UcXfUti 'kfUWždcb]kU 'i dcfUb]Ygō  
rsbUc[ckra 'dfnr'UXLb]Yä 'gōb]Xrnb]YVnc' bUgrna 'WYä "6mU  
b]a 'i hfUkU]"

**B]YcXdck ]YXb]Ua chnk UWU**

? ]Xm]Wngō'hm\_c ]sknāVb]Yi hfUkU ]žhfi Xb]Y^'Ygii hfma Uä  
a chnk UW'NUkgYVōXäXb]ž\_ ]Xm'f bnW'dckcX k'c'dfcgi W!  
Yä nğō [fi V ] Vnkr] 'ōXi 'bUlcžW'nYX] a m7m'Ygihc'kfUYb]Y  
fYUbYžWnkñ]a U ]bckUbYžkgY\_ ]YdcW VY'g\_ Wg' dfōX\_c'rb]U

? ]XmWYä 'Ygii hfUkU ]ž Uxc' r]i V]Yb]U'Ygii VFXrc' Xi 'c'  
\_]c[fUä kža c bUdcW ä'gōdfmhcWcbrna "GWi Xb]ōV]Ycs%\_]  
'c[fUä 'a c YknXLä'gōVrpgbckbYž'Y ]rcgUc ]W'YgMM'- "

? ]XmWYä 'Ygii hfUkU ]žb]Xrngō[ 'c'U\_ 'bUdfUkXōb]Ycgā!  
[b]Yž Wō V]kc' XUM]cž Y b]Xrnb]Y gWi Xb]Y gō'knghfUWäW'  
Xi 'c'fYgihU ]Ydck ]YXnb]Y. B ]YXUgō'Vrā'rMhVc[ Uma 'Ub]rMh  
gM d ma EžUWō V]kc' XUM]cž Yk\_fUMUk hYXnc'UkUž YH\_]'  
g]bXi [c'gōb]Yi hfma U'Hc' VFXrc' \_fi WYcgā[b]ōV]Y'

7c bUkUb]Ygnž\_ ]XmUgk ^W'cV]Yfnr'gōi hfUōkU ]ž Uk ]Y^  
YgihY\_WkUnä \_fmk Xōž'U\_ ä'dfn'UXL'āVgōžknfāXrUgō'gkc'Y!  
ai 'k U]Yä i n'fck]i žk ]Hbc W]sdcW V] 'kUfrc W' \_fmk Xōž  
\_hfUa Ua Uc'UVc' b]Wkgl 'bY]c' rskñ] äXä "K sXUgn' Wō W  
\_gā\_]dfmfma nğō'hä i r]UXb]Yb]i 'VFXr]Y^'gMM] 'ckc"

**8'UMM]c'WU]Yä 'U\_ 'fi Xbc'Ygih]YXbhm\_ck Uä'Yb'dfcVYä**

7migngUY\_ ]Xm'\]gcf]ō'csma ž'U\_ 'hc' rUdnHU'fncž'U\_U'Ygi  
kcXLžUf'nUbuhc. '5sW'hc'Ygihc'XLB"K sdcXcVbmg]cg VrU  
bi fnb]Y'YgY a mks\_i 'li fnžks\_h fY'dubi 'YcVgYgUbUdi b\_VY'  
kn]äXi ]sUkc'YgihU\_ 'gō'Xc' b]Y^dfmkn'WUjäž Ydfn]gUYgō'  
rU kUUž Xc'U\_]Y[c'g'c]b]UkgōXr]Y bUg'cbUchUMU' Ni dYb]Y  
'U\_ 'Hf'nUž\_h fUV]Yfnr'UdYk b]\_kcXōžVrncdn]b]Udfmā i 'Yä m  
\_ Uä ']km]ca i b]Už Y'Wngō'hm\_c kn]äX'

HU ]Y bUgHk ]Yb]Y ^YgiHU ' dckgrWbYž Y a c bU ^Y bUčh Uä  
 kgröX]Y'? ]XmUWbUÜä 'd]gä'hö\_gä\_ōža k] Uä 'rbUca ma ž  
 Yd]gō\_gä\_ō'cs\_ca di 'gkbra ^YXrYb]i "'? U Xrñ\_hc'dfnY\_Umh  
 kU'hō'k]UXca c ä ]bbY^cgV]ž a k] ž Yhc\_gä \_UcscXWi XU  
 niu" >XbUrbUca UcgVUbUmkU'ä'bUkYi hā'a c'ā\_gä\_ā'XU  
 [fi Vg k °'5s^YXbU'\_b]\_hb][XrYb]Ydck]YXr]Už YHā UHā 'a c^Y^  
 \_gä\_] 'csfri Wb]i 'dUy]U^Yg'hdcdFkUknXc'bc W]d i W

NUWckU'cgfc bc äž Vc'hc' dcXWknh]kY' 6nä' a c Y knXUY  
 gō' dfgHžUY dca ]Xmrfcri a ]Yb]Yä 'h]cžW'a k]ōžUdYbra'  
 dfmōV]ä 'h]c'Xc' k]UXca c W]a c YVrā'c[ fca bUdfn]dU"ä"BU  
 dfm UX'ksh^Wk]]' a c Ygri a m'Yä'gV]ž Y bUdfUkXō'WWgi  
 i dcfLä'gō'sma ž Y^UgribUc[ckc"5 YrLdHU'gä'g]Y]žVmrhc'  
 V]ä[ ^Yb]Y^Ygilm\_c' fcXY\_ž\_h fma UV]ō'rLdfckUX]ä'Xc'^YXbY]c'  
 Wi.'rfri Wb]UkU]]'NUdHU'gä'g]Y]žbU]Y]hk ^W'rk]ārLbm  
 ^Ygrkck]a'kn]āXä'žVrWWgrLdUbcUä'bUkdfcV]ä Yä 'dfn!  
 ^UkU]Ugō'hm\_c'dc'hcž Ym'cgä]bāä'dYk]Yb'\_cb\_fYbmfca ]U'  
 i VU ]s [i fō'C'šc'a ]WcX]]"

C hc' dfm UX'NXkcb] U Xc' a b]Y dYk bU \_cV]YU r]U]bhYg!  
 kUbUg\_cfm]Lb]Yä 'nsa c^Y dca cW]iNi dYb]Yb]Y dUbcUUbUX  
 ha ž]Y^Y]gd]fUk ]U Uk fU Yb]ž\_U VmMfXrc' dfn]a ckU Ugō'gk c'ä'  
 kU]ä" B ]YVnUdYk bUžVrā UrLWä'ä'gY'i sa b]žVmrhY 'a c YXc!  
 äVrāXc'\_i Vi 'cXWi XrLb]ž\_h fmic\_U]rckUbnVmX] c'V] Y^Y^  
 Xca i "' A c'U\_c'YUb\_UgWi XUk Ub]Y% '\_]c[flä kžWcXrāW  
 bU]fi dō'XUcg VcXWi XrLäWV'gō's 'd\_UUUa ]Xc'gi WUk!  
 \_]s 'Hc' a c'UrbUca UcXWfXrc'Xk bU "'6mUha 'VfXrc'dcfi!  
 grcbU]scVrk]ghž YkrM fmc'ä'k Ub]Yhcž Yh^rbUca Y'i XUc'  
 gō'gWi Xbāä" Glä 'XcVfn]k ]Ygrž Yb][XrYb]Ydck]YXr]UUmrdU'ä'  
 gä ä'Z.f]ä'ks] cgY.' A c'U\_c'YUb\_U^Yh]f]hX] c'a b]Y^ "'5s^YX  
 bU'\_hc'k Ub]Yh]c'a i g]UUXc'\_cbUä'U\_c'YUb\_U' A c'U[b]Yk bU  
 fca k W]b]ž dcXcVb]Y\_U'\_k ]Y Y ]bbnW'cg Vž a ]UU cV]gō' bU  
 di b\_V]Y'gi h\_i rLä ]Ug'hd]fmW]brh



**Utknąłeś w cyklu napadów  
jedzenia i nieskutecznych diet?**

**Przez większość dnia myślisz o jedzeniu?**

**Odczuwasz winę z powodu tego,  
co i w jakiej ilości spożywasz?**

**Zadręczasz się swoją wagą?**

Jeśli tak, to dobrze trafiłeś - ta książka jest w sam raz dla Ciebie! Zamiast oferować Ci kolejną „cudowną” dietę prezentuje, jak możesz zmienić swoje podejście do jedzenia. To w nim tkwi klucz do osiągnięcia wymarzonej wagi bez spartańskich głodówek.

Sposób proponowany przez Autorkę polega na ograniczeniu ilości posiłków i nieprzejadaniu się. To takie proste, a zarazem niezwykle skuteczne. Zamiast spożywania całej porcji śniadania czy obiadu, nałóż sobie na mniejszy talerz połowę jedzenia. Tym samym sprytnie zmylisz oko i oszukasz swój umysł. Zastosuj wiele różnych sposobów, które pomogą Ci pokonać ten nałóg. Po raz pierwszy od bardzo dawna będziesz w stanie zaspokoić głód, nie wywołując jednocześnie wyrzutów sumienia.

**Poznaj lepszą i skuteczniejszą  
alternatywę dla diety MŻ.**

Patroni:



Cena: 39,30 zł

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