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SERIE SALUD PERFECTA

# DEEPAK CHOPRA



El equilibrio mente-cuerpo en  
un programa para conseguir el peso ideal.

## Peso perfecto

Por el autor de *Cuerpos sin edad, mentes sin tiempo*

ESPIRITUALIDAD



# Peso Perfecto Salud Perfecta Spanish Edition

**Alejandro Chabán**



### **Peso Perfecto Salud Perfecta Spanish Edition:**

Dime que comes y te dire que sientes (Think Skinny, Feel Fit Spanish edition) Alejandro Chabán, 2017-06-06 Quieres bajar de peso Primero pierdes tu peso emocional Alejandro Chabán tenía sobrepeso de niño o sufrió de anorexia y bulimia de adolescente y trató desesperadamente de tener un cuerpo saludable Luego de haber probado diferentes dietas y ejercicios y a pesar de haber bajado de peso él descubrió que en su mente seguía siendo gordo aunque su cuerpo se veía diferente Estos sentimientos lo llevaron a desarrollar técnicas para aceptar y transformar al gordito que todos llevamos dentro y en 2012 a fundar Yes You Can un programa que ha ayudado a miles de personas a establecer un estilo de vida saludable con sabor latino En Dime qué comes y te diré qué sientes Alejandro comparte los siete pasos esenciales que lo ayudaron a cambiar sus pensamientos y transformar su cuerpo Inspirado en anécdotas personales y testimonios Alejandro explica en detalle qué significa tener sobrepeso emocional cómo se conectan el bienestar físico con las emociones y cómo identificar mejor los obstáculos emocionales que sobrecargan la mente y el cuerpo Estos pasos basados en técnicas prácticas de pensamiento positivo meditación aceptación y compromiso te ayudarán a llevar una vida más feliz y saludable Ahora por fin podrás cuidarte de la manera que mereces **Libro de la salud del Hospital Clínic de Barcelona y la Fundación BBVA**, 2007

## Whispering the Techniques of Language: An Psychological Journey through **Peso Perfecto Salud Perfecta Spanish Edition**

In a digitally-driven world wherever displays reign supreme and quick communication drowns out the subtleties of language, the profound secrets and mental subtleties hidden within words frequently go unheard. Yet, nestled within the pages of **Peso Perfecto Salud Perfecta Spanish Edition** a captivating literary treasure pulsating with raw emotions, lies a fantastic journey waiting to be undertaken. Penned by a skilled wordsmith, this marvelous opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the mental depths of the emotional evaluation, we will embark upon a sincere exploration of the book is key themes, dissect their fascinating writing fashion, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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