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Cambia tu cuerpo (y tu vida) en 20 días Magali Dalix, 2018-02-04 El deporte ha cambiado mi vida y este libro cambiar la tuya Magali Dalix Te propongo un reto cambiar tu cuerpo y tu vida en solo 20 días Mi método MagaliTrainBetter es el resultado de 25 años de formación trabajo y experiencia Ha sido mi mayor sueño y es mi objetivo diario cambiar mi mundo cada día y tal vez el tuyo Con lo conseguirás darle una patada a esa mente perezosa que todos llevamos dentro y que yo denomino Fatness y abrirás la puerta a un entrenamiento rompedor fácil y lleno de energía con el que aprenderás a superarte fortalecerás tu autoestima y aumentarás tu confianza En tu casa en tu maleta en el gimnasio en un hotel en un parque Deja la pereza y las excusas a un lado piensa que cada día de tu vida es un proceso de aprendizaje Cada grano de arena cuenta Sgueme Te invito a darte todo por ti a compartir la alegría y la satisfacción de trabajar para mejorar y superarte Te aseguro que valdrá la pena **El lenguaje silencioso del cuerpo** María Esther Varas Doval, 2025-04-23

ATENCIÓN Entender y controlar la conexión entre emoción pensamiento y cuerpo puede prevenir enfermedades Es ya por todos sabido que nuestros pensamientos y sentimientos tienen un gran impacto en nuestro cuerpo y que influyen en gran medida sobre nuestro bienestar pero cómo gestionar nuestra dimensión emocional para evitar que surjan síntomas desagradables y dolencias físicas La somatización de los sentimientos en los centros emocionales afecta a nuestra salud y nos produce malestar e incluso patologías graves Este libro te enseñará a descifrar que puede haber detrás de ciertas afecciones y te ofrecer las claves para remediarlas y vivir de manera serena y equilibrada Esther Varas psicóloga experta en medicina psicosomática te guía en estas páginas hacia un diálogo interno que te permitirá conectar con esas emociones reprimidas que han encontrado su voz en diferentes males del organismo con el objetivo de que la mente y el cuerpo se unan en una danza armoniosa de sanación y autocomprensión Prepárate para desentrañar los misterios de tu salud Tu cuerpo tiene algo que decirte Estás listo para escucharlo Una completa síntesis de conocimientos ancestrales y nuevas evidencias científicas que te ayudarán a cambiar la actitud con la que afrontas las situaciones de conflicto interior y a convertir tu mente en la más eficaz medicina *Reborn* Magali Dalix, 2013 *Dictature des régimes. Attention !* Gérard Apfeldorfer, Jean-Philippe Zermati, 2006-03-02 Manger sous contrôle permanent n'est pas le garant de la minceur Il est urgent de réagir vous de choisir ce qui est bon pour vous Renouez avec une alimentation et une vie saines Manger de façon autonome sans culpabilité sans angoisse les aliments que vous désirez est le plus sûr moyen d'être en bonne santé et votre poids d'équilibre Gérard Apfeldorfer et Jean Philippe Zermati expliquent pourquoi aujourd'hui il est si difficile de devenir mince et de le rester Ils proposent des solutions concrètes Ils ouvrent la voie Ne vous laissez pas déposséder de votre liberté alimentaire Mdecin psychiatre psychothérapeute Gérard Apfeldorfer est vice président du Groupe de recherche sur l'obésité et le surpoids GROS Il est l'auteur de *Maigrir c'est dans la tête* Maigrir c'est fou Les Relations durables Jean Philippe Zermati est mdecin nutritionniste et thérapeute cognitivo comportementaliste Il est président du GROS et auteur de *Maigrir sans régime* Journal officiel de la République française France, 1926 Journal

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