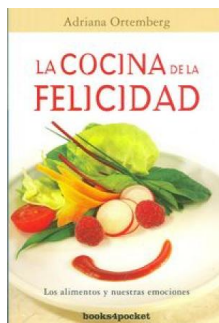


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LA COCINA DE LA FELICIDAD



BOOKS4POCKET EDITORIAL, 2013. Condition: Nuevo. Los alimentos y nuestras emociones Desde la infancia, la comida se utiliza para celebrar momentos felices, calmar la angustia o consolar la tristeza. Hoy día, está demostrado que la elección de los alimentos influye directamente en nuestras emociones. Según lo que comamos, nos sentiremos eufóricos, relajados o felices. Asimismo, una nutrición inadecuada provocará depresión, fatiga o ansiedad. Adriana Ortemberg, naturópata especializada en nutrición, pone sobre la mesa la "cocina de la felicidad" y enseña cómo...

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- Authored by Ortemberg, Adriana
- Released at 2013



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