



Mujer, comida y deseo (Crecimiento personal) (Spanish Edition)

Alex Jamieson

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- La autora explora el deseo de la mujer entendido en un sentido amplio: por la comida, el sexo, el movimiento, el sueño, el deseo de compañía...
- La autora es asesora de salud holística y co-protagonista del documental Super Size Me.
- La obra ha recibido excelentes críticas en EEUU, la autora ha calado profundamente en la prensa femenina y su mensaje y personalidad se están convirtiendo en tendencia.

“Jamieson revoluciona la relación de las lectoras con la comida y con su propio cuerpo.” Publisher Weekly

“El deseo es la base de un nuevo concepto, de un nuevo estado, de una nueva vida. Cuando conectas con él, obtienes acceso a tu propio conocimiento interno. Mujer, comida y deseo te muestra cómo hacerlo.” Doctora Christiane Northrup

Un proceso intuitivo para vencer de una vez por todas la adicción a la comida y desarrollar una existencia más sana, sexy y vital.

La coach nutricional de orientación holística Alexandra Jamieson, conocida por su participación en el documental Super Size Me, enseña a las mujeres a escuchar su propio deseo –de chocolate, sí, pero también de descanso, sexo, compañía, movimiento, inspiración– para hacer las paces con la comida.

Combinando su propia experiencia con un enfoque de base científica, denuncia la agresividad e ineficacia de las dietas e invita a las lectoras a remplazar los sentimientos de culpa y vergüenza por otros de aceptación, respeto y consciencia. El cuerpo es inteligente, busca el equilibrio, quiere estar sano y nos dice lo que necesitamos en cada momento. Aprendiendo el lenguaje de nuestros antojos y apetitos, afirma Jamieson, seremos capaces de superar los bloqueos nutricionales, emocionales, físicos y mentales que nos impiden llevar una vida significativa, alegre y plena.

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