



Dr. KRIS VERBURGH



La Piramide De La Salud Autoayuda Superacion

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La Piramide De La Salud Autoayuda Superacion:

La pirámide de la salud Kris Verburgh, 2015-02-19 Comer correctamente retrasa el envejecimiento evita ciertas enfermedades y mejora otras Los últimos descubrimientos científicos sobre longevidad y nutrición evidencian que la alimentación es vital para nuestro bienestar y tiene un peso enorme en el proceso de envejecimiento de nuestro cuerpo y nuestra mente. Sabemos que la mayoría de dietas no son saludables muchas grasas son buenas para el corazón casi ningún antioxidante retrasa el envejecimiento el té blanco reduce la aparición de arrugas y al mismo tiempo es muy beneficioso para los vasos sanguíneos que los estudios demuestran que las personas que comen nueces todos los días ven reducida la posibilidad de padecer un ataque al corazón en un 45 por ciento El Dr Verburgh nos muestra una nueva pirámide alimenticia que tiene además una contrapirámide un reloj de arena que nos permite identificar rápidamente los alimentos saludables y los que debemos evitar en nuestra dieta proponiéndonos alternativas Con una correcta alimentación no solo podemos prevenir ciertas enfermedades sino que también podemos mejorar sustancialmente otras y retrasar considerablemente nuestro proceso de envejecimiento La pirámide de la salud es un bestseller internacional publicado con enorme éxito en Inglaterra Italia Alemania Dinamarca Países Bajos y Polonia **Libros en venta en Hispanoamérica y España**, 1992 **Host Bibliographic Record for Boundwith Item Barcode 30112044669122 and Others**, 2013 *Libros españoles en venta*, ISBN, 1995 Libros españoles, 1979 Fichero bibliográfico hispanoamericano, 1987 *Libros españoles en venta*, 1997 Delibros, 1996 Anthropos, 1984 **Tratando... bulimia nerviosa** José I. Baile Ayensa, María J. González Calderón, 2014-09-18 La bulimia nerviosa es un trastorno del comportamiento alimentario caracterizado por un patrón de atracones y conductas compensatorias asociado a una preocupación excesiva en relación a la imagen corporal y el peso Se estima que afecta a un número elevado de mujeres pero dado que no tiene muchas manifestaciones externas en la mayoría de los casos pasa desapercibido El tratamiento de este trastorno requiere la aplicación de diversas técnicas psicológicas e intervenciones dietéticas siendo al igual que las otras alteraciones de comportamiento alimentario como la anorexia o el trastorno por atracón un reto para los profesionales de la salud Además en bulimia nerviosa las habituales comorbilidades suelen complicar la intervención terapéutica Este libro es una guía terapéutica de ayuda al profesional de la psicología que afronta un caso de bulimia nerviosa con un enfoque eminentemente práctico Se ha estructurado por sesiones estableciendo un plan de intervención completo con objetivos técnicos y materiales que se pueden utilizar con uno o una paciente afectado o afectada por este problema Igualmente en cada sesión se comentan las dificultades terapéuticas que pueden surgir proporcionando posibles soluciones a las mismas **El Libro español**, 1985 **LEV**, 1998 *Revista médica de Chile*, 1998 Catálogo colectivo de bibliotecas públicas: 600-Ciencias aplicadas, 700-Artes y recreación, 1986 *Tratamiento psicológico de la adicción al juego online* Mariano Chóliz Montañés, Marta Marcos Moliner, 2020-09-03 La legalización del juego de apuestas online en España vino seguida de un incremento en la oferta publicitaria y de todo tipo de estrategias de inducción al consumo del juego más adictivo Ello tuvo

como consecuencia la aparición y el desarrollo de un auténtico problema de salud pública que en la actualidad está afectando aunque no solo a jóvenes y adolescentes Este manual es una guía de tratamiento conductual cognitivo de la adicción al juego online basado en los fundamentos científicos de la psicología del aprendizaje y el condicionamiento así como en los principios del juego terapéutico En la obra se incluyen también las herramientas y técnicas necesarias para que el profesional de la psicología clínica o general sanitaria pueda intervenir a través de un protocolo cuya eficacia ha sido contrastada

Bibliografía

española, 2004-06 *Construye tu bienestar* Frederick Grant, 2023-10-29 Construye tu bienestar Superación personal en la salud y el bienestar para adolescentes y adultos es un libro que te guiará en el camino hacia una vida más saludable y equilibrada Dirigido a adolescentes y adultos este libro aborda los temas fundamentales que impactan nuestra salud y bienestar y ofrece herramientas prácticas para superar los obstáculos y lograr una transformación personal duradera En estas páginas descubrirás cómo cuidar de tu cuerpo a través de una alimentación adecuada el ejercicio regular y el descanso adecuado Explorarás los beneficios de la meditación y el autocuidado aprendiendo a manejar el estrés y las emociones negativas de manera efectiva Además encontrarás consejos para establecer metas realistas y desarrollar una mentalidad positiva que te impulse hacia el éxito Construye tu bienestar es más que un libro es una guía para el crecimiento personal y la transformación positiva A través de sus páginas serás inspirado a tomar el control de tu vida y a construir un futuro más saludable y pleno No importa cuál sea tu punto de partida este libro te brinda las herramientas necesarias para crear cambios significativos y duraderos en tu vida Y mucho más

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