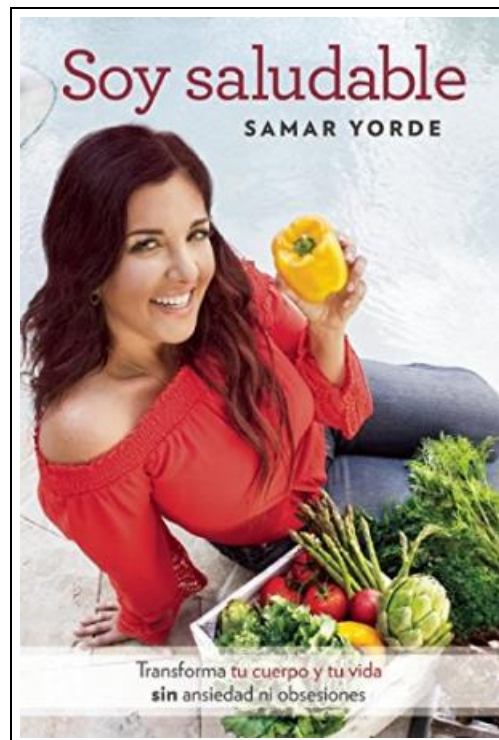


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AGUILAR, United States, 2016. Paperback. Book Condition: New. 213 x 142 mm. Language: Spanish . Brand New Book. Basada en su experiencia personal y profesional, Samar Yorde Erem, creadora de la red social ofrece en este libro consejos medicos y practicos para comprender y enfrentar la obesidad, y propone un camino de vida saludable basado en cuatro pilares: buena alimentacion, ejercicio frecuente, control de la ansiedad y motivacion constante. En Soy saludable leeras lo que muchos te ocultan para que sigas comprando dietas absurdas, revistas, pastillas o implementos de cocina inutilles: Que es la obesidad? Conocer al enemigo es vital para vencerlo! Descubre que comer para convertir una alimentacion sana en tu gran aliada Haz del ejercicio un apoyo fundamental para mejorar tu calidad de vida Controla la ansiedad y tendras la mitad de la batalla ganada Utiliza la motivacion como fuerza para no abandonar el camino Construye un plan de accion para cambiar tus habitos y lograr tu meta de una vez por todas! Este texto te muestra un camino de alegria y bienestar corporal, de salud y buena comida, de motivacion y disciplina, afirma Yorde. Y mas que mostrarte el camino, quiero recorrerlo contigo. Samar Yorde nacio en Beirut, Libano, y fue educada en Venezuela. Creadora de la red social orientada al desarrollo de buenos habitos de salud, nutricion, actividad fisica, bienestar emocional y prevencion de enfermedades, que cuenta con la colaboracion de medicos, nutricionistas, psicologos y entrenadores profesionales. Yorde, medico especialista en salud publica con certificacion en medicina de obesidad, es tambien locutora profesional, coach de salud, motivadora, conferencista y facilitadora de aprendizaje; participa regularmente en programas de radio y television conduciendo segmentos de salud, nutricion y cocina saludable. ENGLISH DESCRIPTION Based on her personal and professional experience, Samar Yorde Erem, creator of the social network (...)

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