



Vencer las adicciones (B de Books) (Spanish Edition)

Deepak Chopra

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El equilibrio mente-cuerpo en un programa para liberarnos de las dependencias destructivas.

La creciente dependencia de sustancias que alteran el estado de ánimo es uno de los males más alarmantes de nuestro tiempo. Desarrollamos adicciones de todo tipo: a la comida, a las compras, al alcohol, al café, al tabaco, a las medicinas, a las drogas e incluso al trabajo. En esta guía, el doctor Chopra -especialista en medicina ayurvédica de fama mundial- nos ofrece una perspectiva diferente de las adicciones y un programa para eliminarlas. Sus sabios consejos nos ayudan a comprender nuestras necesidades y a conocer la fuerza de nuestro espíritu para liberarnos de cualquier tipo de dependencia destructiva, así como a descubrir nuevas y más satisfactorias opciones de vida.

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