



# Las dos caras de la edad (Crecimiento personal) (Spanish Edition)

*Mariano Barragán Gutiérrez Zamora*

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Durante siglos, el hombre ha buscado la fuente de la eterna juventud. Poder detener el paso de los años ha sido una constante en los deseos de la humanidad. Sin embargo, frenar el envejecimiento de nuestro cuerpo es imposible, ya que va en contra de la propia naturaleza, pero lo que sí se puede hacer, es controlar la forma como envejecemos.

Siguiendo los principios de la Medicina del Control de la Edad, que el Dr. Barragán nos expone en este interesante y revelador libro, no sólo podremos mejorar nuestra calidad de vida en cuanto a salud, sino que además, nos proporcionará lucidez mental, buena memoria, vitalidad física y sexual, y todo aquello que antes pensábamos se perdería irremediabilmente con el paso de los años.

Poder sentir a los 60 o 70 años la fuerza y vitalidad que teníamos a los 40 puede sonar disparatado, pero los avances médicos lo están haciendo posible al lograr que el proceso de envejecimiento se vuelva pleno, lleno de salud y vitalidad, desmitificando aquello que decía que no había nada que hacer ante el transcurrir del tiempo.

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