



Emociones que enferman (Spanish Edition)

Arturo Eduardo Agüero

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¿Por qué sufrimos? ¿Qué males provoca el estrés? ¿Cómo decodificar el lenguaje del cuerpo? ¿Cuáles son las emociones que nos enferman? La ira, el odio, la sobreadaptación y el conflicto son factores de producción de muchas dolencias. Las enfermedades autoinmunes como el cáncer y el Alzheimer también manifiestan en su historial previo una gran carga emocional.

El Dr. Agüero explica, en un lenguaje simple y preciso, cómo se gestan las enfermedades psicosomáticas, describe sus componentes emocionales y define estrategias eficaces para prevenirlas y tratarlas.

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