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Descargar libro en línea PDF epub mobi Español Dormir bien para Dummies Dr. Eduard Estivill , Todo lo que necesitas saber para erradicar tus problemas de sueño y despertarte por las mañanas completamente descansado. Y lo hace a través de un método que el Dr. Estivill ha venido utilizando con gran éxito desde hace años y que ha ayudado a miles y miles de personas a corregir sus problemas de sueño y a dormir mejor. No esperes más y aprende a utilizar el famoso Método Estivill para dormir bien y levantarte por la mañana sintiéndote como nuevo. • Para toda la familia - Este libro está pensado para ayudar a todos los miembros de la familia: bebes, niños, adultos, abuelos... • Insomnio - Incluye técnicas y consejos para solucionar éste y otros problemas de exceso o falta de somnolencia. • Hoy no puedo dormir - No dejes que los nervios ante una cita importante o los cambios producidos por los viajes te quiten horas de sueño. • Higiene del sueño - Aprende qué alimentos y qué ejercicios favorecen el sueño y cómo organizar tu habitación para dormir mejor. • Zzzzzz... - buenas noches... especiales

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