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Descargar Libro En Línea PDF Epub Mobi Español El Cerebro Que Cura - Alvaro Pascual-Leone, Álvaro Fernández Ibáñez & David Bartrés-Faz



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A través de sus estudios e investigaciones, los autores pretenden demostrar que llevar a cabo un patrón concreto de actividad cerebral nos permite resistir mejor las enfermedades, y puede incluso ayudarnos a vivir más.

En El cerebro que cura descubriremos por qué el órgano rector es importante para mantenernos sanos y cómo conseguir que funcione a pleno rendimiento. La nutrición, el sueño, el ejercicio o la socialización son parte de los pilares fundamentales para lograr una mente, un cuerpo y un alma más sanos.

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