

Descargar Libro En Línea PDF Epub Mobi Español Quería Volar - Espido Freire



Descargar libro en línea PDF epub mobi Español Quería volar Espido Freire , Los trastornos de alimentación siguen siendo un problema oculto en una sociedad que los observa con condescendencia y los alienta con comportamientos erróneos. Unos trastornos tradicionalmente asociados a las adolescentes, y que ahora padecen también muchos hombres y mujeres adultas, que no se reducen a la **anorexia** y a la **bulimia**, sino que incluyen **ortorexia**, **vigorexia**, **conductas compulsivas** y muchos otros.

En este libro, Espido Freire toma la palabra para exponer su propio testimonio y el de un puñado de mujeres y de hombres. Pero *Quería volar* no persigue la compasión o el morbo del lector, sino que ofrece un retrato útil de la enfermedad, que sirve como prevención y como manual para salir y restablecer una existencia saludable. Una obra escrita con sinceridad, voluntad de denuncia y una gran dosis de esperanza, porque entre todos se puede lograr el cambio; y a esto dedica una buena parte del libro, que incluye consejos y análisis de las dietas más conocidas.

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