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Ecología para entidades juveniles: guía de sensibilización medioambiental Jordi Miralles,1996 **¡Hola, ansiedad! (Edición mexicana)** Núria Gabernet i Díaz,2024-04-18 Quieres saber por qu te sientes as La ansiedad puede conducirte a la felicidad y al bienestar La ansiedad se considera una de las lacras de nuestro tiempo y cuando se habla de ella lo habitual es tratarla como a una enemiga Pero N ria Gabernet plantea una nueva forma de verla te ense a a relacionarte con la ansiedad de manera constructiva y te invita a observarla y convertirla en una experiencia sanadora Tras a os de investigaci n personal y estudios multidisciplinarios sobre el tema la autora ofrece un enfoque integrativo de la ansiedad se adentra en sus bases biol gicas y psicol gicas repasa las funciones que ejerce en nuestra vida y ofrece estrategias para comprenderla y transformarla Este libro recorre las principales causas que generan ansiedad te gu a y te interpela para que te observes y conozcas c mo cu ndo y por qu aparece te proporciona herramientas para gestionarla y te anima a explorarlas para descubrir cu les son las que mejor te pueden funcionar Aprende a mantener una relaci n amigable con tu ansiedad deja a un lado el sufrimiento que te provoca y escucha lo que tiene que decirte M rala de frente y consid rala tu aliada pues te informa de lo que no funciona en tu vida lo que te perjudica o no te satisface Deja de rechazarla y permite que te conduzca a un nuevo bienestar Hábitos que abrazar (Edición mexicana) Miguel Camarena,2024-09-19 LLENA TU VIDA DE SALUD Si no te dedicas suficiente tiempo a ti mismo tienes una mala alimentaci n eres m s sedentario que activo o sufres de estr s o ansiedad este libro es la excusa perfecta para iniciar un cambio Al leerlo llenar s tu mochila con h bitos que impulsar n tu vitalidad la cantimplora con agua so adora que saciar tu sed y la fiambrrera con men s y recetas saludables que avivar n las ganas de comerte el mundo Abre bien tu mente y sum rgete en estas p ginas donde Miguel Camarena nos propone un viaje de descubrimiento y aprendizaje En l explorar s los alimentos que mejor nutren tu cuerpo las rutinas de ejercicio m s efectivas c mo la meditaci n puede ser una herramienta para encontrar la paz interior las t cnicas para mejorar tu respiraci n y c mo aplicar el biohacking en tu vida diaria con h bitos muy sencillos de aplicar Paso a paso notar s que tu cuerpo se ve fortalecido sabe c mo moverse y tienes m s energ a Y te dar s cuenta de que ahora disfrutas de una vida saludable sin remordimientos ni presiones Vale m s un gramo de acci n que una tonelada de intenci n as que en marcha Tu ansiedad bajo control (Edición mexicana) Tais Pérez Domínguez,Sergio García Morilla,2023-01-12 Muchas personas sufren problemas relacionados con la ansiedad que en la actualidad es uno de los motivos m s frecuentes de consulta en terapia Sin embargo la ansiedad en s misma no es mala sino un mecanismo inherente al ser humano con una funci n clara ponernos en alerta y preparamos ante un posible peligro El problema viene cuando este mecanismo se descontrola y la ansiedad aparece sin motivo o se niega a marcharse impidi ndonos vivir nuestra vida con normalidad y plenitud La clave est en que cuando aparece sepamos encontrar el camino para apaciguarla y evitar que nos domine En este libro Tais P rez Dom nguez y Sergio Garc a Morilla expertos en tratar temas de ansiedad y depresi n con m s de trece a os de experiencia cl nica nos ofrecen una

gu a pr ctica y concreta para aprender a gestionarla y dejar de sufrir por ella Con la informaci n que encontraremos en estas p ginas entenderemos qu nos ocurre realmente cuando sentimos ansiedad y por qu se produce as como las estrategias adecuadas para gestionarla y ponerla bajo control *Adelgaza y cuida tu cuerpo comiendo sano* Miguel Ángel Almodóvar,2014-07-29 Por fin un libro sobre alimentaci n y salud que sin renunciar al rigor cient fico va al grano y nos cuenta lo que realmente queremos saber sin perderse en divagaciones ni teor as Miguel ngel Almod var te explica c mo tu organismo asimila los alimentos y qu efecto tiene en l cada uno de ellos Entiende el proceso y controla como influye tu alimentaci n en tu cuerpo adelgaza gana peso cuida tu colesterol o tu tensi n En este libro encontrar s toda la informaci n que necesitas los fundamentos de la nutrici n conocer s los superalimentos qu suplementos nutricionales necesitas en funci n de tus circunstancias personales aprender s a desmontar leyendas y falsos mitos en torno a la nutrici n Podr s en definitiva adelgazar o mantener tu peso y cuidar tu cuerpo con garant as saludablemente sin riesgos y lo m s importante disfrutando de la comida y manteniendo un tono vital que te ayude a ser feliz y vivir con energ a Somos lo que comemos Dise a tu alimentaci n y conseguir s la forma f sica que siempre has deseado Ya te dije adiós, ahora cómo te olvido Walter Riso,2022-09-15 Hay relaciones afectivas y personas que nos marcan con fuego como si se enquistaran en nuestro ADN y en la esencia que nos define Perderlas genera un vac o angustiante y devastador C mo superar la ausencia de quien fue vital para nuestra vida amorosa La premisa es la siguiente si logras desvincularte de tu ex o de cualquier amor imposible que ronda tu vida de manera adecuada podr s reinventarte como se te d la gana El tiempo ayuda es cierto pero hay que ayudarle al tiempo Esta es una gu a pr ctica que te ayudar a superar la p rdida afectiva y a sobrevivir con dignidad Leerlo no eliminar el dolor que necesariamente debes sentir para salir adelante pero lo har m s comprensivo y llevadero lo transformar en un sufrimiento til Toma la decisi n de soltar de manera definitiva los lastres afectivos que no te dejan crecer y te sorprender s de lo que eres capaz Que tu fortaleza interior marque el paso de un adi s definitivo y contundente *El poder de tu cumpleaños (The Power of Your Birthday)* Andrea Valeria,2011-12-07 Innovador revela c mo el arte de la astrolog a y la ciencia de la astronom a marchan lado a lado y c mo el d a en que nacemos configure qui n somos Entretenido y esclarecedor Deepak Chopra Cada d a es un mundo astrol gico y astron mico particular y a su vez todos est n unidos dentro de nuestro planeta Tierra Con El poder de tu cumplea os no solo podr s indagar aprender descubrir y divertirse con lo que encuentres escrito bajo tu d a sino que al aventurarte a leer otros d as tendr s una pizca m s de informaci n para comprenderte mejor a ti mismo a tus seres queridos as como a nuestro mundo y nuestra galaxia Aplica lo que leas comparte lo que aprendas o simplemente goza la lectura Incluye un calendario mensual para nunca olvidar un cumplea os *¡la Madre Tierra Necesita Tu Ayuda!* Esther Sampedro,2012-08-30 Este libro tiene un significado especial para nosotras no solamanente es hermoso por su colorido pero a su vez cada ilustracion muestra el fuerte vinculo entre las palabras y las imagenes un vinculo que suele ser dramatico a veces carinoso siempre apasionado Sus fabulosas ilustraciones y palabras sencillas transmiten un mensaje de esperanza Este

libro nos dice que podemos y que debemos trabajar en colaboracion y no en contra de nuestro planeta La Madre Tierra Necesita Tu Ayuda nacio de un mutuo deseo de informar a los ninos sobre el estado critico de la Tierra y sobre las muchas acciones que cada uno de nosotros podemos realizar para ayudar a sanar nuestro planeta a quien llamamos carinosamente Madre Tierra Para preservar el medio ambiente debemos perseverar con nuestras acciones no importa lo pequenas que estas puedan parecer es preferible hacer algo a quedarnos de brazos cruzados y ver como dia a dia se deteriora sin recuperacion nuestro unico hogar Piensa en una gota de agua de camino al arroyo donde unida con millones de otras gotas formaran un caudaloso rio con solo un destino formar parte del poderoso oceano Asi como una gota de agua tambien nosotros debemos unir nuestros esfuerzos para ayudar a preservar nuestro futuro y el de la Tierra Este libro es para ti Porque tu eres el cambio

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