



# **La Vida sana contada con sencillez (Contado con Sencillez) (Spanish Edition)**

*Mariano Bueno*

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**La Vida sana contada con sencillez (Contado con Sencillez) (Spanish Edition) Mariano Bueno**

**Un libro que rompe con el círculo vicioso de las malas costumbres para que nuestro cuerpo sea fuente de salud y calidad de vida (Bienestar y vida sana)**

En los últimos años ha ido creciendo la convicción de que las satisfacciones materiales no sólo no nos aseguran la felicidad, sino que, además nos pueden llevar a un preocupante estado de ansiedad y estrés. Para Mariano Bueno, la vida sana no se define por la mera ausencia de enfermedad, sino que abarca un área mucho más amplia que debe conducirnos a nuestra emancipación en todos los aspectos de la vida. Los factores de riesgo más evidentes son fáciles de identificar: sedentarismo, mala alimentación o tabaquismo. El autor nos invita a adoptar hábitos como el ejercicio moderado y prolongado y una alimentación equilibrada, a vivir en un entorno más placentero y a saber mantener la calma en situaciones difíciles con una actitud abierta y dialogante con los demás.

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