



Las diosas nunca envejecen (Crecimiento personal) (Spanish Edition)

Christiane Northrup

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«Deja salir a la diosa que llevas dentro. Acógela, complácela, haz que se sienta a gusto. Poco a poco, empezará a asomar. Hasta que un día, muy pronto, te mirarás al espejo y una mujer totalmente nueva te devolverá la sonrisa.» Christiane Northrup

Tengamos la edad que tengamos, siempre seguiremos siendo diosas...

Christiane Northrup, autora de cabecera de millones de mujeres en todo el mundo, nos demuestra que la experiencia de envejecer puede ser radicalmente distinta de todo cuanto nos han contado.

Para burlar la temida decadencia, afirma la doctora Northrup, no hacen falta operaciones y medicamentos.

Combinando ejercicios prácticos con las últimas investigaciones acerca de la salud y el envejecimiento, nos acerca los principios de una vida sin edad, desde una salud vibrante hasta una vida sexual plena, pasando por la belleza y la capacidad de mover el cuerpo con alegría y facilidad.

El libro incluye un completo programa de catorce días para empezar a vivir sin edad, disfrutando física, emocional y espiritualmente de la diosa fértil y palpitante que fuimos y seguimos siendo.

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