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LA CIENCIA DE LA SALUD: MIS CONSEJOS PARA UNA VIDA SANA



Editorial Planeta, S.A., 2008. soft. Book Condition: New. ¿Cómo conseguir un peso adecuado y mantenerlo? ¿Cómo dejar de fumar y no recaer? ¿Cómo sobrevivir al estrés? El cardiólogo Valentí Fuster, Premio Príncipe de Asturias de Investigación 1996, ofrece en La ciencia de la salud , escrito en colaboración con el periodista Josep Corbella, consejos básicos para cuidar la salud y mejorar la calidad de vida. La ciencia de la salud presenta en un lenguaje claro y ameno, ilustrado con ejemplos...

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- Authored by Corbella, Josep, Fuster, Valentí
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