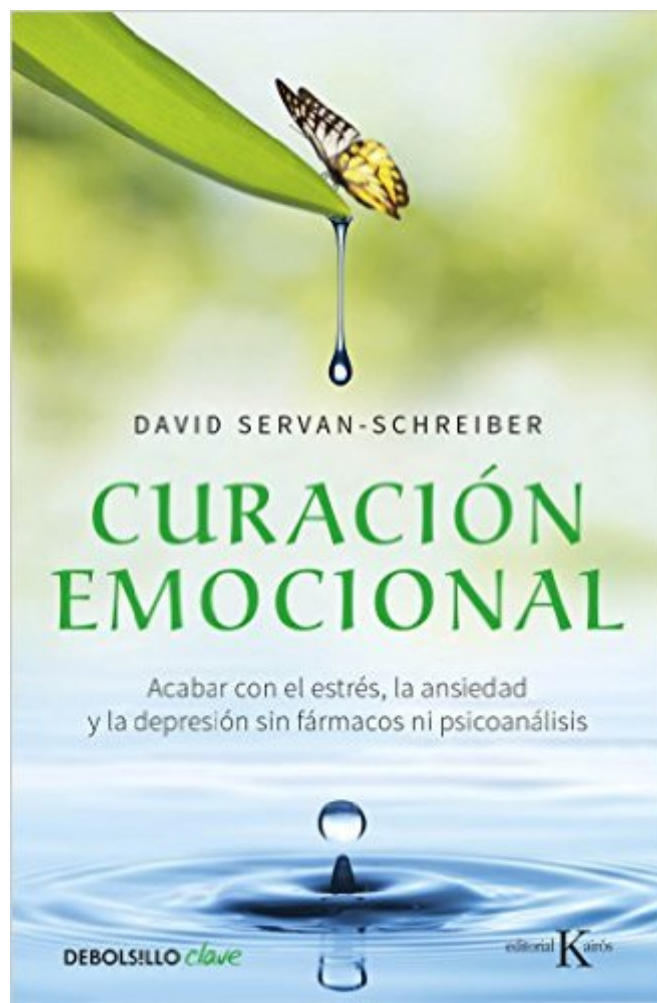


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Curaci3n Emocional / The Instinct To Heal: Curing Depression, Anxiety And Stress Without Drugs And Without Talk Therapy (Spanish Edition)



Synopsis

Desde hace poco las neurociencias y la psicología han sufrido un vuelco radical. Nuestro «cerebro emocional» es mucho más que el vestigio incómodo de un pasado animal: amo de nuestro cuerpo y de nuestras pasiones, es la fuente misma de nuestra identidad y de los valores que dan sentido a la vida. Si se desajusta, aunque sea un poco, se descompone en mil pedazos; si está en armonía con nuestro cuerpo, nos conduce a convertirnos plenamente en nosotros mismos.

David Servan-Schreiber nos invita a descubrir las consecuencias prácticas de esta revolución: una nueva medicina de las emociones, sin medicamentos ni psicoterapias interminables. Vinculando estrechamente su experiencia clínica y sus competencias de investigador, ha elegido presentar siete métodos de curación particularmente eficaces, algunos de ellos totalmente desconocidos por el público en general: integración neuroemocional mediante movimientos oculares (EMDR), regularización del ritmo cardíaco para controlar las emociones, sincronización de los relojes biológicos, acupuntura, ejercicio físico, aportación de ácidos grasos «omega-3» y técnicas de «comunicación afectiva». Siete vías que permitirán que cada uno tome en mano las riendas de su propia vida y deje de ser un extraño para sí mismo; y para los demás.

ENGLISH DESCRIPTION Millions of Americans try drugs or talk therapy to relieve depression and anxiety, but recent scientific studies prove certain alternative treatments can work as well or better-often bringing on a cure. In the extraordinary international bestseller *The Instinct to Heal*, award-winning psychiatrist and neuroscientist David Servan-Schreiber, M.D., Ph.D., presents seven natural approaches, each with proven results, that together form a treatment plan that builds on the body's relationship to the brain, yielding faster, more dramatic, and permanent changes. People who want to leave suffering behind now can live joyful, happy lives.

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