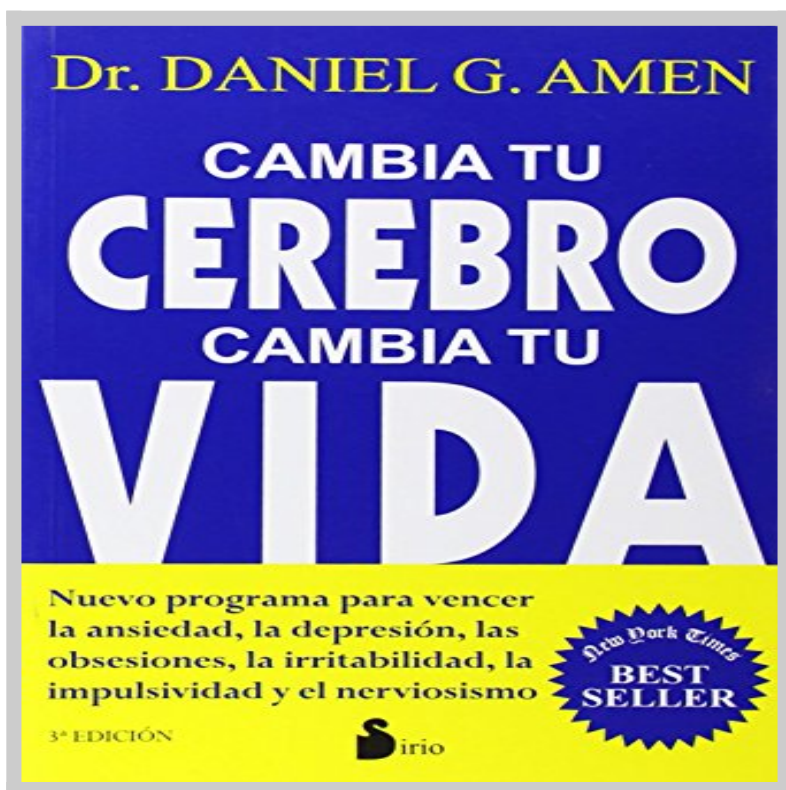


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En esta epoca es mejor que cuide su salud usted mismo (de hecho, si el medico solo te ve durante 10 minutos en cada visita, que otras opciones hay?). Cambia tu cerebro, cambia tu vida esta lleno de ""recetas para el cerebro"" (entre ellos, ejercicios cognitivos y consejos nutricionales) que se dirigen a los lectores que han experimentado la ansiedad, la depresion, la impulsividad, la ira o preocupacion excesivas, y el comportamiento obsesivo. Este libro nos presenta la evidencia cientifica de que esos sentimientos pueden tener mucho que ver con el funcionamiento de ciertas zonas de tu cerebro. / It's a book filled with ""brain prescriptions"" (among them cognitive exercises and nutritional advice) that are geared toward

readers who've experienced anxiety, depression, impulsiveness, excessive anger or worry, and obsessive behavior, *Change Your Brain, Change Your Life* milks the mind-body connection for all it's worth.