



Antidepressivos naturales (Sano Y Natural/ Healthy and Natural) (Spanish Edition)

Lucía Oliveira

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Este es un libro para leer con tiempo, sin la presión de hallar la solución en la primera página. Propone una variedad de antidepresivos naturales, opciones terapéuticas y consejos para salir adelante, para dar el primer paso hacia un vivir mejor. Probablemente, leerlo sea el comienzo de algo nuevo, a pesar de las dificultades. Estamos convencidos de que será una guía de útil aplicación en muchos casos pero, en rigor de la verdad, no lo sabemos: cada lector tendrá su respuesta. De lo que sí estamos seguros, es de que no dejaríamos de escribir este libro sólo por desconocer el final de la historia. Actuando, haciendo a pesar de todo, es como el hombre se abre paso ante las pocas certezas que, por momentos, nos presenta la vida.

- Qué es la depresión y cómo detectarla
- Cómo abordarla con tratamientos alternativos: Yoga, Reiki, Reflexología, Aromaterapia, Alimentación adecuada, Flores de Bach.

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