



# El peso ideal: Cómo lograr el peso justo y mantenerlo toda la vida (Spanish Edition)

*Cecilia Garau*

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«A través de su enfoque familiar y nutricional, Cecilia Garau estimula la planificación y el comer consciente ofreciendo recursos prácticos. Lo que sugiere es posible, y su mirada positiva permite construir una noción sobre cómo mejorar el acto de comer con cambios simples, al alcance de todos». Alberto Cormillot

Cecilia Garau cuenta con la experiencia profesional y propia, porque ella misma mantiene su peso ideal con naturalidad. Así, tira por la borda varios mitos que nada tienen que ver con la buena alimentación y nos explica cómo funcionan las dietas más famosas y por qué son peligrosas a largo plazo. Nos enseña a autodiagnosticar cómo comemos, a descifrar qué se esconde detrás de las etiquetas de los productos, a comprar mejores alimentos, a conocer qué deben comer los niños y las embarazadas, a comer en familia, en salidas- como dice la autora- a pasar «de la cajita feliz a la caja de herramientas para aprender a alimentarnos».

Este libro nos acerca a la ciencia de la nutrición para descubrir todo lo que no sabemos sobre nuestra alimentación.

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