



# Cambia de hábitos: Recupera tu salud, alimenta tu vida (Spanish Edition)

*Valeria Lozano Arias*

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# Cambia de hábitos: Recupera tu salud, alimenta tu vida (Spanish Edition)

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**Cambia de hábitos: Recupera tu salud, alimenta tu vida (Spanish Edition)** Valeria Lozano Arias

En éste, su primer libro, Valeria Lozano nos comparte toda la sabiduría que la llevó a transformar su vida por completo y que ha impactado positivamente la vida de millones de personas.

**Incluye 100 recetas nutritivas, deliciosas y muy mexicanas.**

**Valeria, con casi 2 millones de seguidores en Facebook, es editora de la guía de alimentación mensual *Hábitos Magazine*, con más de 17 000 suscriptores y autora del programa *Cambia de hábitos*.**

Aquí aprenderás que la **salud** es mucho más que la ausencia de enfermedad: es **vivir con energía**, con ganas, con buen humor, y que cambiar de hábitos no significa modificar tu vida de un día para otro, sino incorporar pequeños cambios que restaurarán el **balance natural** de tu cuerpo sin que apenas lo notes.

Valeria nos revela la fórmula de la salud (65% alimentación + 20% ejercicio + 15% sueño) y nos explica que debemos cuidar todos los aspectos de nuestra vida -tanto físicos como emocionales y mentales- para alcanzar este estado óptimo y, así, olvidarnos del sobrepeso, las enfermedades crónicas y los desórdenes emocionales.

De lectura ágil y accesible, respaldado con **evidencia científica** de vanguardia y con más de **100 deliciosas recetas** de fácil preparación, este libro está destinado a convertirse en la biblia de todo aquel que anhele para sí y para su familia una vida plena de salud, de energía y de amor.

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