Victor Uriarte Psicofarmacologia Pdf

Claudia Vega Michel, Everardo Camacho Gutiérrez, Fernando Alcaraz Mendoza, Mario Ángel González, Laura Patricia Arellano Gómez, Cecilia Colunga Rodríguez, Daniel Cruz Gómez, Rodrigo González Araiza, Mario Guzmán Sescosse, Claudia Madeleine Elizabeth Hunot Alexander, Margarita Maldonado Saucedo, Sergio Meneses Ortega, Martha Georgina Orozco Medina, Francisco Javier Pérez Bouquet Lazcano, Manuel Pando Moreno, Alejandro Sergio Pliego Rayas, Luis Miguel Sánchez Loyo, Julio Cesar Vázquez Colunga, Jesús Vergara Aceves, Amalia Viesca Lobatón

Autocuidado de la salud Claudia Vega Michel, Everardo Camacho Gutiérrez, Fernando Alcaraz Mendoza, Mario Ángel González, Laura Patricia Arellano Gómez, Cecilia Colunga Rodríguez, Daniel Cruz Gómez, Rodrigo González Araiza, Mario Guzmán Sescosse, Claudia Madeleine Elizabeth Hunot Alexander, Margarita Maldonado Saucedo, Sergio Meneses Ortega, Martha Georgina Orozco Medina, Francisco Javier Pérez Bouquet Lazcano, Manuel Pando Moreno, Alejandro Sergio Pliego Rayas, Luis Miguel Sánchez Loyo, Julio Cesar Vázquez Colunga, Jesús Vergara Aceves, Amalia Viesca Lobatón, 2014-06-25 Cada vez más nos hacemos conscientes de los efectos positivos de un estilo de vida saludable y de que conservarnos sanos, en un buen porcentaje, es nuestra responsabilidad. De manera organizada, amena y práctica, esta obra ofrece sencillos procedimientos para el cuidado de la propia salud, pensados para que se adapten con facilidad al ritmo de vida de hoy y a la gran cantidad de cambios en nuestras prácticas cotidianas. En estas páginas se brinda valiosa orientación sobre: activación física, intelectual y espiritual; alimentación; descanso; ocio; prevención de enfermedades; control del estrés; desenvolvimiento saludable en el trabajo y la ciudad; cómo relacionarse mejor con los otros; y autocuidado del adulto medio y mayor. Con el respaldo de especialistas en diversos campos disciplinares y profesionales, se busca alentar la toma de decisiones acertadas para la adopción de hábitos saludables. (ITESO)

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