



**Las Emociones, La Salud y La Mujer de Hoy
(Emotions, Health and Today's Woman): Expertas
Comparten 300 Consejos para Lograr el Bienestar
Emocional (Guides to Improve Your Health)
(Spanish Edition)**

EDITED BY ABEL DELGADO AND THE EDITORS OF PREVENTION MAGAZINE

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Las Emociones, la salud y la Mujer de Hoy: Expertas comparten 300 consejos para Lograr el Bienestar Emocional

Las emociones son una parte innegable de nuestras vidas. La alegría que sentimos al dar a luz, la tristeza que sentimos al perder un ser querido y el enojo que sentimos cuando nuestros hijos nos desobedecen son unos ejemplos comunes de los sentimientos que nos definen en todo momento. Desafortunadamente, esas emociones que forman una parte tan integral de nuestro ser también pueden llegar a dañarnos. Por ejemplo, el estrés se ha vinculado con los problemas cardíacos, la depresión puede conducir al suicidio ya hasta se teoriza que el aburrimiento puede causar cáncer.

Por eso decidimos investigar este tema. De esa investigación salió este librito único. Entrevistamos a psicólogas, psiquiatras, terapeutas y otras expertas en busca de consejos prácticos que cualquier mujer pueda emplear. Descubrimos muchas tácticas para lidiar mejor con las emociones y también cómo controlar mejor las circunstancias en que surgen. Por lo tanto, aparte de información sobre emociones comunes como la ansiedad, la irritabilidad ya la depresión, aquí también encontrará ayuda para esos problemitas fastidiosos que nos afectan a diario, como la impuntualidad, los bloqueos mentales y el pensamiento negativo. Después de un minucioso proceso de selección, aquí le brindamos los mejores consejos de los que recopilamos, entre ellos:

Cómo combatir la "culpa de la guardería infantil" (página 36)

Palabras clave que la ayudarán a vencer la depresión posparto (página 54)

La conexión entre los alimentos y el mal humor (página 121)

La dieta que vence el síndrome premenstrual (página 142)

La técnica que en 10 segundos alivia la tensión nerviosa (página 156)

Otras 300 recomendaciones sencillas y prácticas la esperan en estas páginas. Nuestro librito no es un manual para una vida perfecta, pero sí la ayudará a lidiar con las imperfecciones de la vida.

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