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El Libro Negro Del Hambre | Libro Gratis

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Se incluyen tablas con las directrices y algoritmos de tratamiento. La mayor í a de los cap í tulos han sido actualizados o reescritos, con nuevas tablas y referencias a ñ adidas. Se han actualizado los ap é ndices de emergencias neurol ó gicas y terap é uticas al final del libro. Tambi é n se han incluido los res ú menes de las pautas de la Academia Americana de Neurolog í a (AAN). Estas pautas son importantes en la pr á ctica diaria para proporcionar una mejor atenci ó n a los pacientes. La nueva edici ó n sigue siendo el libro de bolsillo de la neurolog í a de elecci ó n que proporciona una visi ó n general pr á ctica, concisa, actualizada y f á cil de leer de los temas neurol ó gicos. Presenta una completa, aunque concisa, introducci ó n a la neurolog í a.

NEW YORK TIMES BESTSELLER The revolutionary book coauthored by the Nobel Prize winner who discovered telomerase and telomeres' role in the aging process and the health psychologist who has done original research into how specific lifestyle and psychological habits can protect telomeres, slowing disease and improving life. Have you wondered why some sixty-year-olds look and feel like forty-year-olds and why some forty-year-olds look and feel like sixty-year-olds? While many factors contribute to aging and illness, Dr. Elizabeth Blackburn discovered a biological indicator called telomerase, the enzyme that replenishes telomeres, which protect our genetic heritage. Dr. Blackburn and Dr. Elissa Epel's research shows that the length and health of one's telomeres are a biological underpinning of the long-hypothesized mind-body connection. They and other scientists have found that changes we can make to our daily habits can protect our telomeres and increase our health spans (the number of years we remain healthy, active, and disease-free). THE TELOMERE EFFECT reveals how Blackburn and Epel's findings, together with research from colleagues around the world, cumulatively show that sleep quality, exercise, aspects of diet, and even certain chemicals profoundly affect our telomeres, and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them. Drawing from this scientific body of knowledge, they share lists of foods and suggest amounts and types of exercise that are healthy for our telomeres, mind tricks you can use to protect yourself from stress, and information about how to protect your children against developing shorter telomeres, from pregnancy through adolescence. And they describe how we can improve our health spans at the community level, with neighborhoods characterized by trust, green spaces, and safe streets. THE TELOMERE EFFECT will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a cellular level and how we can make simple changes to keep our chromosomes and cells healthy, allowing us to stay disease-free longer and live more vital and meaningful lives.

An empowering journey through the mechanisms of the mind from one of the world ' s leading mental health experts. For those in pursuit of a better life, psychiatrist Marian Rojas Estap é presents the essential guide to neuroscience-driven mindfulness. Understanding your brain, managing your emotions, and being aware of your responses to stressors can give you greater self-control. Rather than a gimmicky guidebook, this is a thorough look at how our brains react to stress, threats, hyperstimulation, and the vices of our digital age. With proven techniques backed by solid, up-to-date psychiatric research, Estap é teaches us how to make the best of our lives. Combining science, psychology, and philosophy, Estap é delivers practical advice about how we can cultivate a happy existence. This includes understanding the parts of the brain, setting healthy goals and objectives, strengthening willpower, cultivating emotional intelligence, developing assertiveness, avoiding excessive self-criticism and self-demand, and mastering the proven art of optimism.

With the publication of Pedagogy of the Oppressed, Paulo Freire established himself as one of the most important and radical educational thinkers of his time. In Pedagogy of Hope, Freire revisits the themes of his masterpiece, the real world contexts that inspired them and their impact in that very world. Freire's abiding concern for social justice and education in the developing world remains as timely and as inspiring as ever, and is shaped by both his rigorous intellect and his boundless compassion. Pedagogy of Hope is a testimonial to the inner vitality of generations denied prosperity and to the often-silent, generous strength of millions throughout the world who refuse to let hope be extinguished.

Ideal for medical students, interns and residents, the latest edition of this portable quick-reference—part of the popular Pocket Medicine series, prepared by residents and attending physicians—has been updated with new contributors and information on pediatric disorders and problems encountered in any clinical situation, including the ICU. The book is heavy on bulleted lists, tables, and algorithms, and the small size means it can fit snugly in anyone ' s white coat pocket!

Gregory Bateson was a philosopher, anthropologist, photographer, naturalist, and poet, as well as the husband and collaborator of Margaret Mead. This classic anthology of his major work includes a new Foreword by his daughter, Mary Katherine Bateson. 5 line drawings.

Continuing their tradition of sensitivity, comprehensiveness, currency, and candor, Crooks and Baur offer thorough coverage of all major topics incorporated into every section, including sexual health issues; the very latest research, new stories about the experiences of real people from the "Authors' Files; " and a writing style that is warm, direct, and non-judgmental.

You have in your hands the most rigorous, complete and readable book ever written about the fascinating science of human sexuality. This book goes beyond the well-worn sexual education advice and the usual evolutionist psychology. After The Brain Snatcher, Pere Estupiny à comes back with the first popular science book on sex aimed at a wide audience. While there are some tips for the more adventurous, there is also a wealth of new information to be discovered. Distancing himself from the many books on advice or techniques, Estupiny à brings sex to another dimension by combining popular beliefs and science. Do you want proof that our decision-making in the " heat of the moment " is less rational than we think? Did you know that mind and vagina each go their own way? Are you interested in learning about the effects of yoga on sexual pleasure? Did you know about the attempts in the 60s to " cure " homosexuals with electric shock therapy, the chemical analysis of female ejaculation, or the fundamental relationship between the sympathetic and parasympathetic nervous system? The author has spoken directly with asexual and intersexual individuals, fetishists, multi-orgasmic women, women who never have orgasms through penetration, and men who have no refractory period. He has also participated in sadomasochistic events; learned tantric techniques with a couple of coaches, spoken with porn performers at Barcelona ' s Bagdad, and attended workshops in which a woman teaches how to have orgasms with your mind and breathing. The result is an incredible miscellany of information that appeals to both the scientific community and the curious.

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