



## Recuperar la salud (Spanish Edition)

*Stephanie Simonton*

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Nuestras reacciones de respuesta al estres, asi como otros factores emocionales, pueden contribuir al desencadenamiento del cancer y otras enfermedades, del mismo modo que una actitud positiva y una mayor autoestima contribuyen no solo a la supervivencia, sino que hacen que la vida gane en color y calidad. En Recuperar la salud se describen con detalle las tecnicas de Carl y Stephanie Simonton, que estan siendo utilizadas con gran exito desde hace ya mas de cuarenta y cinco anos, como un refuerzo psicologico de tratamientos habituales. / In this book the Simontons profile the typical ""cancer personality"": how an individual's reactions to stress can contribute to the onset and progress of cancer, and how positive expectations, self-awareness, and self-care can contribute to survival. This book offers the same self-help techniques the Simonton's patients have used to reinforce usual medical treatment.

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