



Objetivo rejuvenecer: Descubre las 7 claves para conseguirlo (Spanish Edition)

Carmen Giménez-Cuenca

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¿Quién no ha soñado con mantenerse siempre joven, sano y en forma?

Carmen Giménez-Cuenca, precursora del *coaching antiaging*, propone un plan integral de rejuvenecimiento basado en 7 claves para mejorar la salud, conseguir más vitalidad y parecer más joven.

Quitarse años de encima es posible gracias a una alimentación inteligente y la combinación justa de ejercicio físico, descanso y meditación, completado con terapias multidisciplinares para gestionar el estrés, mejorar la autoestima y las relaciones, facilitando una percepción más consciente del mundo que nos rodea. Gracias a la integración de novedosos tratamientos *antiaging* que ofrecen la ciencia y la tecnología, el cuerpo humano es capaz de superar lo que parecen limitaciones, teniendo a la mente como aliada. Para conseguirlo, este libro te propone transformar tus hábitos, cambiar de actitud y hacer una inversión de la que te beneficiarás toda tu vida.

Carmen Giménez-Cuenca te ofrece siete claves antiaging y los tratamientos más eficaces para rejuvenecer y alcanzar una longevidad saludable en plenas facultades físicas y mentales. Cada apartado de este libro contiene frases inspiradoras, trucos y ejercicios de coaching que facilitarán el proceso.

Las claves están asociadas a acciones de la vida cotidiana: pensar, comer, moverse/parar, amar, sentir, gozar y actuar, así que resultarán un ámbito familiar y amigable. El antiaging no es algo sofisticado y complicado, consiste, sobre todo, en poner atención en lo que solemos hacer con la intención de optimizarlo.

Con este plan integral, quitarse años de encima y mejorar la salud es posible.

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