



# La no dieta (Spanish Edition)

*Tara Stiles*

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Los «expertos» y los nutricionistas que durante muchos años han creado las normas para lograr una salud óptima se han equivocado estrepitosamente y nosotros hemos pagado el precio de sus errores. Estamos más enfermos y más obesos que nunca a pesar de todas las estrategias para contar calorías y a pesar de todos los agotadores programas de ejercicios. En La No-Dieta, Tara Stiles te presenta al más preparado experto en lo que a tu salud se refiere: tu mismo. Desechando todas las reglas y todas las normas, Tara te ayuda a sintonizar contigo mismo a fin de que seas capaz de descubrir aquello que realmente te hace sentir bien. En el momento en que realices este cambio tomarás tu salud en tus manos, recuperarás tu poder y comenzarás a elegir y a tomar las decisiones que realmente potencien tu bienestar. / Tara Stiles introduces readers to easy and fun ways to bring yoga, meditation, and healthy food into their lives. As the founder of Stralathe movement-based system that ignites freedom, with a laid-back, unpretentious vibe Tara has long been a proponent of creating a tension-free healthy life. She teaches readers how to apply this philosophy to themselves.

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