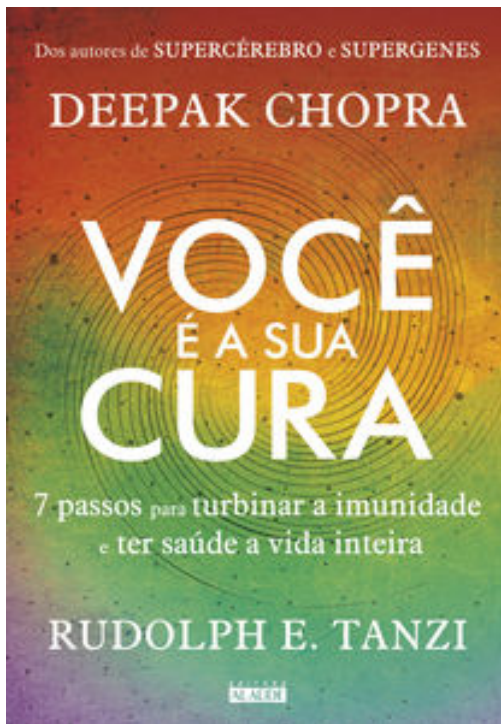


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Faça o download ou leia online **Você é a cura Deepak Chopra & Rudolph E. Tanzi** , Diariamente, o corpo é atacado por leves inflamações, que podem acelerar o envelhecimento e, ao longo dos anos, estimular doenças relacionadas ao estilo de vida como hipertensão, diabetes e alguns cânceres. Por isso, os consagrados autores Deepak Chopra e Rudolph Tanzi apresentam um jeito revolucionário de combater esse problema. Eles defendem que o corpo tem a capacidade de se autocurar, desde que tenha as ferramentas necessárias. Em um plano de ação em sete frentes, a dupla ensina a fazer mudanças práticas na alimentação e na forma como encaramos o estresse, a atividade física e os vínculos emocionais. A ideia é que, com ajuda de um hábito por dia, podemos ganhar saúde para a vida toda.

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