



El plan Daniel: 40 días hacia una vida más saludable (The Daniel Plan) (Spanish Edition)

Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman

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El plan Daniel: Cuarenta días hacia una vida más saludable, por Rick Warren, el Dr. Daniel Amen y el Dr. Mark Hyman, es un enfoque innovador para lograr un estilo de vida saludable, en el cual las personas mejoran juntas su calidad de vida al llevar al grado óptimo su salud, combinando aspectos clave como la fe, la alimentación, el ejercicio físico, el enfoque mental y las amistades. Dentro de estos cinco aspectos clave de la vida, se le ofrece al lector una multitud de recursos, así como los fundamentos para recuperar la salud. En última instancia, El plan de Daniel no tiene que ver con privaciones, sino con abundancia, y por eso este plan, al mismo tiempo que transforma a la persona, es sostenible a largo plazo. El plan Daniel enseña formas sencillas de incorporar decisiones saludables a su estilo actual de vida, al mismo tiempo que le anima a confiar en el poder de Dios por medio de un conjunto de principios bíblicos. En él se anima al lector a llevar a cabo el Plan con otra persona, o con un grupo, a fin de acelerar sus resultados y disfrutar de un sistema integrado de apoyo. Se le ofrece aplicaciones realistas y novedosas que son fáciles de llevar a la práctica y producen unos resultados tangibles.

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