



Bella y feliz en tu propia talla (Crecimiento personal) (Spanish Edition)

Mariana Rodríguez Sosa

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¿Por qué nos es tan difícil sentirnos cómodas, seguras y satisfechas con nuestro cuerpo? ¿Por qué tantas mujeres nunca lo logramos? Este libro pretende explicar lo que significa vivir siendo mujer en el mundo contemporáneo. En él examinaremos el significado de nuestros hábitos alimenticios, de la delgadez como ideal de belleza femenino en nuestro tiempo, de la feminidad en nuestra cultura, del incremento de desórdenes alimenticios en la actualidad. Reflexionaremos sobre la insatisfacción que las mujeres tenemos con respecto a nuestros cuerpos y propondremos una ruta para dejar, por fin, de desvalorizarnos. Tal vez nunca antes en la historia de la humanidad había existido un culto al cuerpo como el de la actualidad, de lo que se desprende que se ofrezcan infinidad de soluciones al problema de la gordura, la flacidez o el apetito voraz. Parece prevalecer la necesidad de controlar nuestros cuerpos para cumplir con las expectativas que nos demanda nuestro contexto social y cultural. Queremos hacer un alto en el camino y puntualizar que la delgadez no nos acerca a la felicidad ni nos hace ser bellas o exitosas. Descubramos qué sí lo hace e iniciemos juntas este fascinante viaje de crecimiento, aceptación y valoración plena.



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