



Cuando la comida sustituye al amor (Urano Vintage) (Spanish Edition)

Geneen Roth

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¿A qué se debe el fracaso de la mayoría de las dietas? ¿Dónde reside el verdadero problema del exceso de peso y de la ingestión compulsiva de alimentos? La comida puede ser un sustituto del amor. Si dejamos de alimentar al niño maltratado que hay en el interior del adulto solitario podremos nutrir el amor y dar lugar a la intimidad. De esta manera liberaremos el dolor de la vida pasada y nos instalaremos definitivamente en el presente. Sólo si nos concedemos un espacio para la intimidad y el amor aprenderemos a disfrutar de la comida y dejaremos de usarla como un sustituto. Porque comer es una metáfora de la forma en que vivimos y de la forma en que amamos.

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