



Los fantasmas de espejo (Spanish Edition)

Carlos Cuauhtémoc Sánchez

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Bibiana es una joven normal, inmersa en una sociedad obsesionada con la apariencia física. Como les sucede a muchas personas, ella cae en una trampa que pone en peligro su vida.

Todo a mi alrededor es light. La gente come ensaladas, toma agua natural y va al gimnasio. El tema central de las conversaciones es dietas y ejercicio. Dicen que para triunfar en la vida se requiere estar delgado. Así que cuento las calorías de cada alimento, hago abdominales, me peso varias veces al día, tomo laxantes y diuréticos. Como poco, muy poco. Pero, la verdad, el hambre me mata. Cuando sucumbo a la tentación, me recrimino: “¿Qué hiciste, cerda?, ¿acaso no te amas lo suficiente? Si quieres verte bien, debes acostumbrarte al dolor. Tu estómago no debe dominarte. La comida es tu enemiga. Mastícala y escúpela, ¡pero no te la tragues!”.

Los fantasmas del espejo es una historia estremecedora, breve, basada en hechos reales. Aunque sea sólo por entretenimiento y cultura, todos deberíamos leerla. Descubre las causas, consecuencias y soluciones de los trastornos alimentarios. Su lectura es indispensable para jóvenes, padres y maestros. Urgente en la época actual.

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Mary Clark:

Los fantasmas de espejo (Spanish Edition) can be one of your beginning books that are good idea. We all recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to put every word into satisfaction arrangement in writing Los fantasmas de espejo (Spanish Edition) although doesn't forget the main position, giving the reader the hottest as well as based confirm resource data that maybe you can be one of it. This great information can easily drawn you into completely new stage of crucial imagining.

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