



Los exfumadores somos invencibles (Spanish Edition)

Josep Maria Ramon Torrell

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¿Conoces a alguien que se arrepienta de haber dejado de fumar?

Los exfumadores son siempre gente feliz. Nada va a producir un grado tan alto de satisfacción con nosotros mismos como dejar de fumar.

Escoger ser exfumador excede el simple hecho de no fumar. Para entender lo que representa el consumo de tabaco es imprescindible realizar un viaje desde sus orígenes y gran expansión como potente industria hasta los cambios que produce en aquel individuo que lo consume.

El consumo de tabaco se basa en un gran engaño químico: la nicotina transforma nuestro cerebro y nuestra conducta hasta tal punto que volverse exfumador implica llevar a cabo un nuevo aprendizaje de nuestras conductas diarias.

Firmado por el Dr. Josep M. Ramon Torrell —uno de los mayores expertos en tabaquismo de nuestro país—, este libro nos desvela los secretos del cerebro del exfumador; cómo los niveles de autorrealización aumentan una vez dejamos el tabaco; cómo incrementa la propia autoestima, generando una merecida sensación de fortaleza, empoderamiento y libertad.

Porque dejar de fumar sí da la felicidad.

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