



Más amor y menos ibuprofeno (Actual) (Spanish Edition)

David Ponce

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¿Qué tiene que ver el amor con un medicamento para el dolor? Y algo tan etéreo como las emociones, ¿pueden relacionarse con esa migraña pertinaz que afecta a diario a miles de personas? A lo largo de estas páginas, David Ponce demuestra, con la contundencia de la experiencia adquirida junto a decenas de pacientes, que el dolor de cabeza está íntimamente relacionado con nuestras emociones y cómo las gestionamos, con la dieta y nuestros hábitos cotidianos.



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