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En esta obra, Deepak Chopra, presenta un programa de sencillas estrategias naturales para equilibrar mente y cuerpo con el fin de obtener su peso ideal. Esta surgiendo una nueva medicina, en la que la mente, la conciencia, el significado de la vida y la inteligencia es lo mas importante. Chopra es un medico respetado y uno de los arquitectos de la nueva medicina. Peso Perfecto es una obra clave para conocer la solución a un problema típico de los tiempos modernos, en los que la salud es un aspecto fundamental a tener en cuenta. (Este libro contiene Audio)

<b>Title</b>	:	Tu Peso Perfecto
<b>Author</b>	:	Deepak Chopra
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