



**Emociones que matan: Entiende la conexión
mente-cuerpo-espíritu que puede sanarle o
destruirle (Nelson Pocket: Salud Emocional)
(Spanish Edition)**

Don Colbert

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El doctor Colbert ofrece una definición clara de las emociones mortales: cuáles son, de dónde surgen, cómo se manifiestan y sus efectos en el cuerpo humano, mediante la evidencia científica que apoya su posición y comparte sus consejos con respecto a la nutrición y al papel que ocupan para remover las toxinas físicas que inhiben una verdadera salud.

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