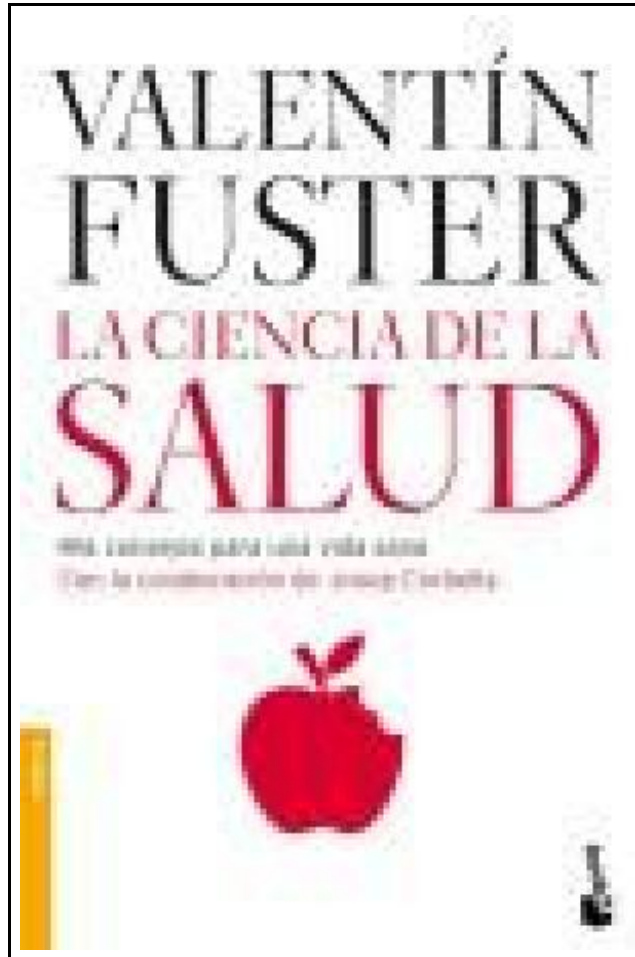


## La ciencia de la salud: mis consejos para una vida sana



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Editorial Planeta, S.A., 2008. soft. Book Condition: New. ¿Cómo conseguir un peso adecuado y mantenerlo? ¿Cómo dejar de fumar y no recaer? ¿Cómo sobrevivir al estrés? El cardiólogo Valentí Fuster, Premio Príncipe de Asturias de Investigación 1996, ofrece en *La ciencia de la salud*, escrito en colaboración con el periodista Josep Corbella, consejos básicos para cuidar la salud y mejorar la calidad de vida. *La ciencia de la salud* presenta en un lenguaje claro y ameno, ilustrado con ejemplos de pacientes anónimos, lo que la medicina sabe hoy día sobre algunos de los problemas de salud que más preocupan a los ciudadanos: el control de peso, la dieta ideal, el colesterol, la actividad física, la tensión arterial, los controles de salud, el consumo de alcohol, la adicción al tabaco, el estrés y hasta la felicidad. El libro puede leerse de principio a fin o no ser consultado ocasionalmente. Las investigaciones de este eminente cardiólogo sobre el origen de los accidentes cardiovasculares, que han contribuido a mejorar la prevención y el tratamiento de infartos, le valieron en 1996 el Premio Príncipe de Asturias de Investigación. Una mezcla única de conocimiento profundo, experiencia y capacidad de divulgación. Como científico, es Doctor Honoris Causa de quince universidades y es el autor de dos de los libros de mayor prestigio dedicados a la cardiología clínica y de investigación.



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