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Ed. Alianza, 2003. soft. Book Condition: New. La vida sedentaria inducida por el tipo de vida moderno, en el que las refinadas tecnologías que nos han liberado del esfuerzo físico nos han arrebatado también el placer de caminar y utilizar los músculos, se ha demostrado dañina para la salud, hasta el punto de hablarse de enfermedad hipocinética para resumir sus aspectos negativos. Si en «Saber comer para vivir más» (LP 7102), EUGENIO DEL TOMA uno de los mejores especialistas italianos...

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- Authored by Eugenio del Toma
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