



COACHING NUTRICIONAL

By FLETA, YOLANDA; GIMÉNEZ, JAIME

DEBOLSILLO, NUEVAS EDICIONES DE BOLSILLO, 2015. Bolsillo. Book Condition: Nuevo. Dust Jacket Condition: Nuevo. Un libro que no solo nos enseña qué comer, sino también a adoptar una actitud positiva que nos permita mantener nuestra motivación El coaching ha entrado en la esfera de la nutrición. . El éxito de la mayoría de los tratamientos que implican modificar la conducta alimentaria depende, en gran medida, de nuestra capacidad de llevar estos cambios a la práctica. Conseguirlo no es tarea fácil y es posible que en muchas ocasiones no estemos preparados para ello. Nuestro principal enemigo: la falta de adherencia al plan nutricional. . El coaching nutricional nos ofrece un nuevo enfoque que nos enseña a superar este desafío. Esta innovadora disciplina se centra en la persona y la convierte en la protagonista del proceso, fomentando la autogestión y enseñando a adoptar una actitud positiva. Asimismo, postula la importancia de la consciencia de uno mismo, la responsabilidad, la confianza y la motivación. Estas son las reglas del juego que nos ayudarán a definir nuestros objetivos, mejorar nuestros hábitos, superar nuestra propia resistencia al cambio, hacer una valoración de nuestros puntos fuertes y débiles, a controlar los excesos y, en definitiva, a...



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