



La revolución de madres (Spanish Edition)

Laura Gutman

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La revolución de madres (Spanish Edition) Laura Gutman
EL DESAFÍO DE NUTRIR A NUESTROS HIJOS

Una mirada honesta sobre la nutrición de nuestros hijos como actitud global.

¿Cómo los nutrimos afectivamente?

¿Qué dificultades aparecen en el acto de nutrir?

¿Qué significa dar?

¿Por qué estamos tan necesitados de recibir?

Una invitación a pensar con autonomía, qué, cómo, dónde, cuándo y con quién queremos comer, dar de comer y nutrirnos de amor.

La demanda excesiva de los bebés

El hambre emocional

Lactancia versus libertad personal

Niños prematuros

El destete

La mamadera

Comer solos o acompañados

Bulimia y anorexia

El sobre peso, la enfermedad del consumo

La comida que calma al corazón

Laura Gutman es psicoterapeuta familiar, especializada en la atención de madres de niños pequeños y parejas. Fundó y dirige Crianza, una institución con base en la Ciudad

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