



I Grassi sono Bellissimi. Sopravvivere alla Dieta (Italian Edition)

Stefano Erzegovesi

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Mai come oggi rischiamo di disorientarci e perderci tra le mille proposte, più o meno miracolistiche, di dieta salutare.

Questo libro nasce come “compagno di viaggio” per le persone che iniziano un percorso di cura per disturbo del comportamento alimentare (Anoressia Nervosa, Bulimia Nervosa, Obesità da Binge Eating Disorder).

Più in generale, è dedicato a tutte le persone che desiderino prendersi cura di sé attraverso scelte alimentari (o meglio, psico-alimentari) salutari, alla luce delle più recenti evidenze della letteratura scientifica.

L'autore: Stefano Erzegovesi, medico, specialista in psichiatria ed in scienza dell'alimentazione, vive e lavora a Milano.

Si occupa di prevenzione e cura dei disturbi del comportamento alimentare (Anoressia Nervosa, Bulimia Nervosa, Obesità).

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