



Un Bulto en la Mama (SALUD Y VIDA NATURAL) (Spanish Edition)

Teresa Ferreiro Vilariño

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Tú eliges cómo abordarlo * ¿Qué hacer ante un tumor en el pecho? * ¿Qué me espera? * ¿Dónde puedo encontrar ayuda en cada momento? * ¿Qué cuento y cómo lo cuento? * ¿Qué me puedo creer de todo lo que me explican? En algún momento de su vida, una de cada ocho mujeres tendrá que afrontar un cáncer de mama. Esta guía presenta una nueva manera de hacerle frente, con naturalidad y de forma práctica y activa. Recoge pequeños trucos y recetas cotidianas que te ayudarán a encontrar las respuestas que necesitas. Teresa Ferreiro se planteó su tumor como un proyecto más con una fecha de inicio y una de fin, sin permitir que invadiera toda su vida. Como ella misma dice: «No quiero que el tumor se sienta a cenar con nosotros cada noche». El día que recibió el diagnóstico comenzó un trabajo de investigación y aprendizaje para encontrar las respuestas que los médicos no le daban: alternativas terapéuticas, métodos y recetas para sobrellevar el tratamiento lo mejor posible. Sus experiencias y secretos están recogidos en estas páginas con el fin de ayudar a otras personas en su misma situación.

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