



Los fantasmas de espejo (Spanish Edition)

Carlos Cuauhtémoc Sánchez

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Bibiana es una joven normal, inmersa en una sociedad obsesionada con la apariencia física. Como les sucede a muchas personas, ella cae en una trampa que pone en peligro su vida.

Todo a mi alrededor es light. La gente come ensaladas, toma agua natural y va al gimnasio. El tema central de las conversaciones es dietas y ejercicio. Dicen que para triunfar en la vida se requiere estar delgado. Así que cuento las calorías de cada alimento, hago abdominales, me peso varias veces al día, tomo laxantes y diuréticos. Como poco, muy poco. Pero, la verdad, el hambre me mata. Cuando sucumbo a la tentación, me recrimino: “¿Qué hiciste, cerda?, ¿acaso no te amas lo suficiente? Si quieres verte bien, debes acostumbrarte al dolor. Tu estómago no debe dominarte. La comida es tu enemiga. Mastícala y escúpela, ¡pero no te la tragues!”.

Los fantasmas del espejo es una historia estremecedora, breve, basada en hechos reales. Aunque sea sólo por entretenimiento y cultura, todos deberíamos leerla. Descubre las causas, consecuencias y soluciones de los trastornos alimentarios. Su lectura es indispensable para jóvenes, padres y maestros. Urgente en la época actual.

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