



Cirugía para el alma (Plataforma Actual) (Spanish Edition)

Dr. Ramón Vila-Rovira

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Complejos, autoestima y envejecimiento.

¿En qué consiste la belleza? ¿La alcanzamos con una visita al quirófano? ¿Puede un lipofilling comprar nuestra felicidad? Cirugía para el alma es tanto una reflexión en torno a estas preguntas como una declaración de principios. Su autor, el prestigioso cirujano plástico Ramón Vila-Rovira, nos anima a cambiar por fuera y por dentro, a partir de lo que ha sido su propio ejemplo: sus hábitos, su trabajo, sus motivaciones y su relación profesional y humana con sus pacientes.

Nuestra esperanza de vida aumenta con el desarrollo y las mejoras en el ámbito de la salud. En un futuro no muy lejano podremos vivir hasta los ciento veinte años. La cirugía estética, además de mejorar nuestro aspecto, puede ayudarnos a sentirnos mejor con nosotros mismos y, en definitiva, a ser más felices. Aunque no todo depende de la cirugía: sonreír y vivir de forma saludable seguirá siendo esencial para nuestro bienestar.

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