



## Sonreír es sencillo (Spanish Edition)

*Marta Rosich Termes*

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## **Sonreír es sencillo (Spanish Edition)** Marta Rosich Termes

El tiempo es protagonista, la comida una obsesión e Ilargia la luz. Quizá una emoción del pasado se haya almacenado en el cuerpo durante tres años, será esa mi definición de anorexia? O un deseo ardiente en busca del amor futuro, una sensación de vacío que nada llena. Dónde se encuentra la felicidad, cuándo y cómo? Indagar, quitar capas de la cebolla, dejar florecer la flor que nace en mi interior. Todo empezó con un trastorno alimenticio, del que he aprendido la esencia de vivir. Transmito conocimientos des de lo más palpable hasta descubrir el misterio más oculto. También, dejo por escrito cada detalle que he aplicado en mi vida, consejos para amarme y ser feliz. Abrió camino la escritura, transcurrió más adelante la investigación, y finalmente ha desembocado en acción. “Deja que el río siga su ritmo y sonríe, la vida te espera para ser vivida”.

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