



# Envejecer bien: 1 (Actual) (Spanish Edition)

*Dr. Miquel Vilardell*

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Envejecer no tiene por qué ser un obstáculo para disfrutar de una buena calidad de vida. Aunque el proceso natural de envejecimiento no pueda evitarse, este libro tiene por objeto preparar a las personas para encarar la vejez de la forma más conveniente, a fin de llegar a esa última etapa de la vida en las mejores condiciones posibles, valiéndose por sí mismas hasta el final en la medida en que su salud lo permita.



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