

Ladrillo Dece Comic 2015 Multilenguaje Espanol En Todo Momento

Por qué deberías comerte un trozo de pastel Oceans, Seas, Shorelines and Warfare
Mariëtte Boon Richard Harding

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la grasa es una parte crucial del cuerpo humano produce hormonas se comunica con el cerebro y proporciona energía aunque no podríamos vivir sin el tejido adiposo seguimos teniendo muchos prejuicios sobre este órgano sí la grasa corporal es un órgano el sobrepeso y la obesidad constituyen un grave problema en todo el mundo pero al contrario de lo que piensa mucha gente el exceso de comida y la falta de movimiento no son ni mucho menos sus únicas causas el funcionamiento de nuestra grasa es mucho más complejo las doctoras mariëtte boon y liesbeth van Rossum examinan en este ameno e ilustrativo libro los últimos descubrimientos científicos sobre la grasa corporal y el sobrepeso repasando los diversos factores que pueden influir en el peso corporal desde el sueño hasta el estrés y desde la predisposición genética hasta el uso de medicamentos y muchos otros factores ocultos que nos hacen engordar por qué deberías comerte un trozo de pastel muestra cómo funciona realmente la grasa corporal y es lectura obligatoria para todo aquel que quiera saber cómo alcanzar y mantener un peso saludable de manera inteligente y eficaz

for as long as humanity has ventured on the seas naval warfare has been an integral part of their activities and the focal point for many histories and ideas of heritage this book presents a rarely explored aspect the long term impact of those battles on shorelines seas and oceans dramatic and altering the physical scars of battles remain with us today in the form of cultural landscapes and archaeological sites while the geopolitical consequences of warfare have been world changing the migrations of peoples across the seas accompanied by violence have done more to shape the demographic and cultural map of the modern world than almost anything else both seaborne opportunities and threats have influenced the way of life of coastal communities today technology has seen these threats extend far into the deepest ocean and reach across continents this book shows how despite being virtually invisible to an increasing percentage of the world's population the ocean is more significant now than it has ever been ranging from the world of antiquity to the present day with a global perspective the volume is intended to appeal to those interested in history archaeology social sciences and the environment

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