



El primer bocado: Cómo aprendemos a comer (Noema) (Spanish Edition)

Bee Wilson

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Todos nacemos sabiendo comer, pero aprender a elegir qué comemos nos cuesta un poco más. Nuestra relación con la comida se forja bocado a bocado, desde el primero. ¿Por qué tenemos gustos tan diferentes? ¿Por qué nos sentimos incapaces de cambiar de hábitos? ¿Hay esperanza de cambiar después de la infancia? Bee Wilson analiza paso a paso las etapas en la creación de hábitos alimenticios (buenos y malos), desde el vientre materno hasta la adolescencia, como experta y como madre. Leer este libro es una experiencia liberadora que reconcilia al niño goloso interior con el adulto responsable que somos.

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