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Curri Valenzuela

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Nunca es tarde para ser feliz.

Una visión vitalista, esperanzadora y llena de humor de la vida más allá de los sesenta.

Con un estilo claro, directo, irónico y muy ameno, Curri Valenzuela nos convence de que las personas pueden ser más felices en la vejez que en la juventud si no se jubilan del trabajo, de la familia, de los amigos, del buen humor, de los sueños, de estar en forma, de los viajes, del disfrute del dinero, de las novedades, de la sociedad y, en definitiva, de la vida.

Coincidiendo con el Año Europeo del Envejecimiento Activo y a partir de su experiencia personal y de los testimonios de médicos, psicólogos y otros expertos, la prestigiosa periodista prueba que ser mayor no es sólo cuidar a los nietos o dar de comer a las palomas. La mal llamada «tercera edad» es en realidad una etapa llena de oportunidades, un momento de la vida en el que lo mejor está todavía por llegar.

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