

# Ser y estar sano

Being and Being Healthy



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'A well-lived life is one which is lived with full consciousness and absolute responsibility, not only for oneself but also for others. For humans, the most valued possession is life itself, and for that reason, living life fully is an art, perhaps the most sublime of arts.' Dr Jullio Zarco

'This book is about the quality of life, how to live a good life, something which is, however you look at it, the supreme mandate of all who come into the world. It is a complete work, exhaustive without tiring, learned without being overwhelming, which looks all around, always with the same aim: that life be good, as good as possible.'  
Javier Sádaba, professor of Ethics.

'Undoubtedly an essential book we should have close to hand every day. A book for teaching and for learning, and even a book for dreaming.' Manuel Díaz-Rubio, Professor of Medicine

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