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La dieta 5.2 se ha convertido en una tendencia sin fronteras, ya que todo el mundo entiende al instante la norma fundamental: no se trata de privarse de nada, sino de disfrutar de lo que te gusta... pero no todo el tiempo. Así, con poco esfuerzo, puedes alcanzar todos tus objetivos, incluso aquellos que a priori parecían imposibles. Pero ¿sería aplicable este concepto a otros ámbitos de la vida? ¿Podría ayudarte a mejorar tu salud, tu economía o tu felicidad? Emma Cook, brillante articulista de *The Guardian*, te enseña cómo aplicar el método 5.2, sin complicaciones, a todos los ámbitos de tu vida personal, social y laboral. Con reglas sencillas y apoyadas en los planteamientos de expertos de cada una de las áreas que trata el libro, *Tu vida 5.2* ofrece un enfoque novedoso, claro y flexible para mejorar tu bienestar: con unos pequeños cambios, en sólo dos días a la semana conseguirás grandes resultados para el resto de tu nueva vida.

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