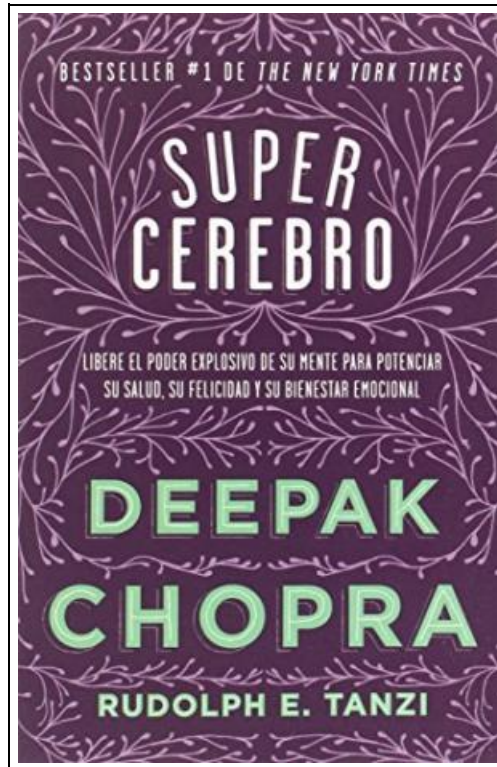


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Vintage Espanol, United States, 2014. Paperback. Condition: New. Language: Spanish . Brand New Book. Este revolucionario y novedoso manual le mostrara como usar su cerebro como portal hacia la salud, la felicidad y el crecimiento espiritual. En contraste con el cerebro estandar, que solo desempeña tareas cotidianas, Chopra y Tanzi proponen que el cerebro puede aprender a superar sus limitaciones actuales. Supercerebro le explica como hacerlo a traves de los descubrimientos cientificos de vanguardia y la percepcion espiritual, del derrumbamiento de los cinco mitos mas comunes sobre el cerebro que limitan su potencial y de la implementacion de metodos para: - Usar su cerebro, en vez de permitir que el lo use a usted. - Desarrollar el estilo de vida ideal para tener un cerebro saludable. - Reducir los riesgos del envejecimiento. - Fomentar la felicidad y el bienestar por medio de la conexion entre mente y cuerpo. - Acceder al cerebro iluminado, que es el portal para la libertad y la dicha. - Sobreponerse a los retos mas comunes, como la perdida de memoria, la depresion, la ansiedad y la obesidad. Su cerebro es capaz de sanar de forma extraordinaria y de reconfigurarse de forma constante. Si establece una nueva relacion con el, transformara su vida. En Supercerebro, Chopra y Tanzi lo guiaran a traves de un fascinante viaje que pronostica un salto en la evolucion humana. El cerebro no es solo el don mas increíble que nos ha dado la naturaleza, sino que tambien es el portal para un futuro ilimitado que puede comenzar a vivir hoy mismo.



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