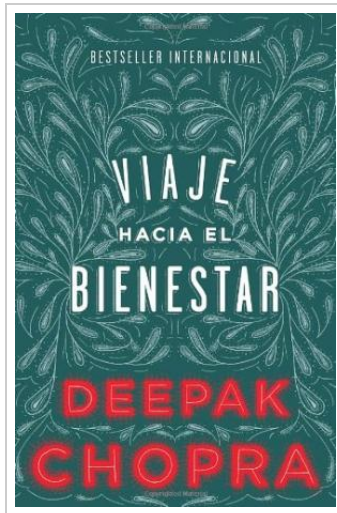




## Viaje Hacia el Bienestar: Despierte la Sabiduria Que Hay en Usted (Paperback)

By M D Deepak Chopra

Vintage Espanol, United States, 2013. Paperback. Condition: New. Language: Spanish . Brand New Book. La salud perfecta, pura e invencible, es un estado que hemos perdido. Si lo recuperamos, recuperaremos el mundo. Viaje hacia el bienestar agrupa las principales ideas de Deepak Chopra y las organiza de tal manera que crean un autentico viaje trascendental hasta el bienestar. A lo largo del camino, descubriremos que los pensamientos y sentimientos pueden, en realidad, cambiar nuestra biologia. Aprenderemos a superar las limitaciones autoimpuestas que crean negatividad y enfermedades, y a buscar ese lugar en nuestro interior que esta alineado con la inteligencia infinita del universo. Al terminar este libro, nuestra consciencia habra sido alterada por la experiencia misma del viaje. Ese cambio tiene el enorme poder de transformar nuestras vidas, y de bendecirnos con los dones de la paz permanente y de la salud ideal. Las ultimas paginas contienen ademas tecnicas para la Meditacion Concentrada, que nos permiten acceder al espacio silencioso que existe entre nuestros pensamientos y explotar la sabiduria interior que hara realidad nuestros sueños.



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