



Técnicas de relajación para momentos difíciles (MANUALES INTEGRAL) (Spanish Edition)

Patricia Tomoe Abella

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Cómo favorecer el pensamiento positivo y evitar hábitos mentales tóxicos

Desde el principio de los tiempos, el hombre ha tenido que adaptarse a su entorno y ha sufrido situaciones de estrés e inquietud durante el proceso de dicha adaptación. Los cambios forman parte indispensable de nuestra vida y es importante saber que es posible conseguir un estado de paz mental que nos permita afrontar cualquier trance de una forma equilibrada y serena.

Existen formas de aprender a preparar nuestra mente y reducir al mínimo el sufrimiento que nos provocan los períodos de incertidumbre y tensión. Mediante las sencillas pautas y ejercicios que propone este útil manual de técnicas de relajación, el lector podrá disponer de las herramientas imprescindibles para alcanzar un estado de relajación en cualquier situación, como la pérdida de un ser querido, una relajación de pareja insatisfactoria o una situación laboral conflictiva. Esto no solo repercutirá de forma positiva al aportar bienestar mental y físico, sino que mejorará la salud en todos los aspectos.

Patricia Tomoe Abella

Técnica en informática de gestión y técnica superior en publicidad y comunicación (EAE). Actualmente es cinturón negro 1er. Dan en Sento-Ryu Aiki y monitora de defensa personal y Aiki. Es también Maestra de Reiki y experta en técnicas de relajación.

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