



Caminar aleja la tristeza: Cómo sanar la mente y crear bienestar emocional (Spanish Edition)

Thom Hartmann

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Un nuevo enfoque sobre cómo usar las caminatas para curar traumas emocionales y propiciar un funcionamiento mental óptimo

- Examina por qué y cómo llevamos con nosotros heridas emocionales y la forma en que pueden curarse y solucionarse
- Muestra cómo caminando se estimulan ambas partes del cerebro, lo que potencia y restablece la salud mental
- Ofrece ejercicios mentales simples, pero eficaces, que pueden practicarse mientras caminamos

Por lo general, nuestros cuerpos se curan rápidamente de las enfermedades, las lesiones o las heridas. Pero nuestras mentes y nuestros corazones sufren durante años con los síntomas debilitantes de la angustia y la tristeza. ¿Por qué resulta tan difícil sanar el trauma emocional? Thom Hartmann ha descubierto que, a sólo unos pasos, hay una terapia bilateral simple y efectiva para esa sanación.

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Mary Marshall:

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