

LA PERFECTA SALUD

*La guía mente/cuerpo
completa*



*Best-seller
Nacional*

DEEPAK CHOPRA, M.D.

AUTOR DE CUERPOS SIN EDAD, MENTES SIN TIEMPO

Perfecta Salud Deepak Chopra

Deepak Chopra



Perfecta Salud Deepak Chopra:

Vencer las adicciones (Colección Salud Perfecta) Deepak Chopra, 2015-01-16 El equilibrio mente cuerpo en un programa para liberarnos de las dependencias destructivas La creciente dependencia de sustancias que alteran el estado de ánimo es uno de los males más alarmantes de nuestro tiempo Desarrollamos adicciones de todo tipo a la comida a las compras al alcohol al café al tabaco a las medicinas a las drogas e incluso al trabajo En esta guía el doctor Chopra especialista en medicina ayurvédica de fama mundial nos ofrece una perspectiva diferente de las adicciones y un programa para eliminarlas Sus sabios consejos nos ayudan a comprender nuestras necesidades y a conocer la fuerza de nuestro espíritu para liberarnos de cualquier tipo de dependencia destructiva así como a descubrir nuevas y más satisfactorias opciones de vida **Salud**

perfecta Deepak Chopra, 2019-11-07 La guía completa para tener una salud perfecta basada en el equilibrio cuerpo mente Este libro escrito por el doctor Deepak Chopra hace más de una década constituye la primera guía práctica para aprovechar el poder curativo de la mente En esta edición corregida y actualizada pone de manifiesto que los grandes avances científicos corroboran la validez de una medicina de cinco mil años de antigüedad procedente de India y conocida como ayurveda y explica cómo aplicarla a la vida cotidiana Salud perfecta constituye un programa de salud integral que se ajusta paso a paso a las necesidades individuales Un plan diseñado para restablecer el equilibrio biológico entre el cuerpo y la naturaleza fortalecer la conexión mente cuerpo y superar las barreras comunes de la enfermedad y el envejecimiento En resumen para alcanzar la salud perfecta Digestión perfecta (Colección Salud Perfecta) Deepak Chopra, 2015-01-16 El equilibrio mente cuerpo en un

programa para evitar y solucionar los trastornos digestivos Salud Perfecta la serie de Deepak Chopra para coleccionar y para sentirte bien contigo mismo El tratamiento que Deepak Chopra hace del cuerpo y de la mente como un sistema unificado ha inspirado y ayudado a millones de lectores En esta ocasión ofrece un plan especialmente elaborado para solucionar los trastornos gastrointestinales más frecuentes como la digestión difícil el síndrome de irritación intestinal el estreñimiento y la diarrea Aborda también temas como la dieta y el arte de elegir los alimentos el ejercicio físico y el papel de las emociones

Peso perfecto (Colección Salud Perfecta) Deepak Chopra, 2015-01-16 Esta es una obra clave para alcanzar la solución a uno de los principales problemas de salud de la sociedad actual Este libro completa la serie Salud Perfecta cuyos otros títulos son Sanar el corazón Energía sin límites Sueño reparador Vencer las adicciones y Digestión perfecta Deepak Chopra nos presenta un programa de sencillas estrategias naturales para equilibrar nuestra mente y nuestro cuerpo y obtener el peso ideal Peso perfecto incluye un cuestionario específico basado en la tradicional ciencia del Ayurveda Una vez completado el cuestionario y después de familiarizarse con las descripciones que el Ayurveda hace del cuerpo y sus variaciones

accederemos a cinco mil años de sabiduría Sueño reparador (Colección Salud Perfecta) Deepak Chopra, 2015-01-16 El equilibrio mente cuerpo en un programa para vencer el insomnio y otros trastornos del sueño Todos sabemos que dormir bien es esencial para nuestra salud pero a menudo desconocemos hasta qué punto dormir mal afecta negativamente nuestra vida

Basándose en investigaciones médicas occidentales y en antiguos principios de la medicina ayurvédica Deepak Chopra nos ofrece un programa dividido en dos niveles. En primer lugar explica las técnicas para vencer el insomnio y alcanzar la sintonía adecuada con los ritmos cíclicos más profundos de la naturaleza humana. En segundo lugar nos propone nuevos caminos para controlar las causas más arraigadas de los trastornos del sueño. Esta es una guía completa y efectiva para quienes tienen dificultades en lograr un descanso que les permita alcanzar el máximo rendimiento en todos los aspectos de la vida.

Medicina Natural Efraín Rodríguez Malavé, 1999. A thorough guide providing valuable information culled from scientific medical and professional studies as well as the author's own experience as a naturopath. *El Poder de Nuestra*

Cicatrización Ra L. Llanos M. D., Raul Llanos M. D., 2012-07. Todos estamos interesados en conocer quiénes somos y el propósito de nuestras vidas. Nuestra cicatrización nos da la oportunidad de entendernos más a nosotros mismos y por consiguiente la de conseguir mejor salud. Cuando tomamos más RESPONSABILIDAD por nuestra cicatrización podemos ampliar nuestros niveles de conocimiento y de bienestar. Durante la travesía que ustedes llevarán a cabo en la lectura de mi libro encontrarán la oportunidad de compartir conmigo mis sinceros deseos de como encontrar un mejor bienestar para nosotros mismos, nuestros semejantes y el universo en general. **Comenzar de Nuevo** Delia M. Trujillo, 2010-06-17. En esta obra Comenzar de nuevo podrás descubrir cómo permitir que tu realidad actual se transforme y cómo manifestar los más profundos anhelos de tu alma. Hermosas narrativas ilustran cómo es posible atraer más paz, felicidad y abundancia a nuestra vida. Aunque los personajes y escenarios de estos cuentos son ficticios, las historias son autobiográficas y representan diferentes etapas de la vida de la autora y de su jornada espiritual. La segunda parte del libro es una guía para vivir una vida abundante y armoniosa. De esta manera podrás hacer tu propia contribución a la humanidad en este tiempo crítico de nuestra historia. La fotografía en la portada por Steve Byland. La fotografía de la autora por Amore Enfermo. *Comunícate como un budista* Cynthia Kane, 2017-03-13. La comunicación es la base de las relaciones. Cuando decimos que sí pero queremos decir no, cuando adornamos nuestra imagen o recurrimos a gestos pasivo-agresivos cuando no expresamos claramente nuestros deseos y necesidades, no solamente estamos boicoteando la comunicación con el otro, también nos boicoteamos a nosotros mismos. La raíz de toda infelicidad e inseguridad procede a menudo del estilo de comunicación. Cynthia Kane, instructora certificada de meditación y mindfulness, moderniza las cuatro reglas de la comunicación budista con ideas y principios procedentes de las teorías de la comunicación no violenta y el mindfulness para transformar un lenguaje debilitante o violento en otro sano y consciente. El resultado es un trabajo en cinco pasos que nos ayudará a vivir de forma más serena, equilibrada y positiva. *La guía para las Personas Altamente Sensibles* Ted Zeff, 2018-11-26. Aproximadamente el 20% de la población son personas altamente sensibles. Las personas altamente sensibles perciben de manera intensa estímulos que el resto no siente. Una guía práctica y accesible para aprender a controlar esta capacidad. Soportas mal el ruido, las luces brillantes y los ambientes caóticos. Te agobian las multitudes, te abruma la presión laboral y te sientes invadido por las emociones ajenas. Si has respondido

de manera afirmativa es muy posible que seas altamente sensible personas dotadas de un sistema nervioso extraordinariamente perceptivo y delicado que reciben mucha m s informaci n sensorial que el individuo medio Ted Zeff doctor en Psicolog a no solo es uno de los mayores expertos en una problem tica que est de plena actualidad Tambi n es una persona altamente sensible por lo que conoce bien la tensi n que genera tratar de encajar en un entorno acelerado y saturado de est mulos tanto f sicos como emocionales Desde su experiencia personal y profesional ahonda en la problem tica de la alta sensibilidad a la vez que ofrece una gran variedad de estrategias pr cticas para recuperar el bienestar de cuerpo mente y alma Con las herramientas adecuadas la sensibilidad extrema se convierte en un extraordinario don que debemos cultivar y reivindicar en este mundo agresivo y altamente competitivo AUTOR Ted Zeff es doctor en Psicolog a por el Instituto de Estudios Integrales de San Francisco California Est considerado una eminencia mundial en el rasgo de la alta sensibilidad y lleva m s de veinticinco a os aconsejando a ni os y adultos altamente sensibles Ha recorrido el mundo ofreciendo presentaciones y talleres sobre esta condici n que cada vez despierta mayor inter s Tambi n firma varios libros sobre esta tem tica con cerca de cien mil ejemplares vendidos Ha sido entrevistado por medios tan prestigiosos como NBC TV Psychology Today y Huffington Post entre otros

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