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Mindfulness para vivir sin miedos (Spanish Edition)

Helen Flix

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Mindfulness para vivir sin miedos (Spanish Edition) Helen Flix
Una guía práctica sobre mindfulness para aprender a disfrutar sin miedos de la vida y convertirla en una gran experiencia. «Mindfulness» es una palabra que últimamente se ha puesto de moda, aunque en realidad se trata de una práctica que, de manera implícita o explícita, se ha venido utilizando desde hace tiempo en ámbitos tan aparentemente distantes como la medicina académica o algunas religiones. El mindfulness, que cada día está más presente en el ámbito clínico, puede ayudarnos a mejorar nuestra salud física y emocional. Es una herramienta con la que podemos hacernos más fuertes, menos vulnerables y más conscientes de nosotros mismos y de nuestras emociones; una herramienta que nos dará más seguridad y nos permitirá vivir sin miedos y con mayor plenitud el «aquí y ahora», algo esencial para sentirnos mejor y disfrutar el presente. En el libro... Descubre las claves para transformar tu vida en una gran experiencia, conocerte mejor y disipar tus miedos. Con más de 20 ejercicios prácticos que te ayudarán a conseguir tus objetivos de manera más sencilla y efectiva.

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