



Centrarse: Guía para el crecimiento interior (Spanish Edition)

Sanders G. Laurie, Melvin J. Tucker

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Centrarse es un guía para despertar el pleno potencial que reside en todo ser humano presentándonos las técnicas que ayudan a tomar las riendas del propio destino. Mediante la expansión de la conciencia, este libro nos enseña cómo:

*Aumentar el poder de aprendizaje y la conciencia del mundo que nos rodea.

*Descubrir nuevos talentos y usarlos para conseguir más éxito.

*Aliviar las tensiones de la vida diaria gracias a la práctica de la meditación.

*Incrementar la realización profesional y la seguridad financiera.

*Edificar auto defensas y aprender a transmitir energía curativa.

*Comprender el lenguaje de los sueños a fin de enriquecer la vida.

*Disfrutar de una salud mejor y de relaciones más satisfactorias.

Centrarse está pensado para ayudar a obtener, cada quien a su propio paso, la plenitud deseada. Se incluyen varios tests personales que garantizan el progreso actual y la dirección futura de su desarrollo personal.

For the attainment of a successful life--including better health and relationships, relief from stress, career satisfaction, and financial security--*Centering* offers a unique system of meditation techniques to help you take charge of your destiny and realize your full potential. This simple but complete guide to psychic integration shows you how to increase your learning power and healing energy, discover new talents within yourself, develop an understanding of the language of dreams, and live at ease in a stressful world.

The book includes self tests that enable you to accurately assess your current progress and future direction for personal development.

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