



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

*Thom Hartmann*

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

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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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A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that's look different you can read the book. It is really fun for you personally. If you enjoy the book that you just read you can spent the whole day to reading a guide. The book Caminar aleja la tristeza: Cómo sanar la mente y crear bienestar emocional (Spanish Edition) it is rather good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book has high quality.

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