



Inteligencia espiritual y deporte (Spanish Edition)

Ismael Santos

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La práctica deportiva es un camino de extraordinaria utilidad para activar la inteligencia espiritual

El deporte no es solamente una actividad física, sino una actividad integral, holística, que altera, desarrolla y activa las distintas dimensiones del ser humano, las visibles y las invisibles, las materiales y las inmateriales, lo más nuclear y esencial que hay en él, pero también lo más exterior.

Partiendo de esa premisa, esta obra muestra la práctica deportiva como un camino de extraordinaria utilidad para activar la inteligencia espiritual, trascendente o existencial, latente en todo ser humano, y que faculta a este para trascender, salir de sí mismo, liberarse del ego, sentirse integrado en un Todo y vivir experiencias cumbre que fortalecen su vida emocional y su bienestar interior.

Francesc Torralba e Ismael Santos nos ayudan así a entender las implicaciones de la práctica deportiva, abordada desde múltiples puntos de vista, en nuestro desarrollo espiritual.

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