



Meditación para principiantes (Spanish Edition)

Stephanie Clement

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Con más de 50 ejercicios de meditación, viñetas, ilustraciones y consejos sobre la práctica de la meditación, este libro te llevará de la mano hacia un despertar espiritual extraordinario.

¿Quieres comenzar a meditar y no sabes cómo? Muchas personas creen que se necesitan años para aprender, pero en realidad la meditación es un estado natural de autoconciencia que puede ser desarrollado si tan sólo se practica unos minutos al día. Stephanie Clement, experta en el tema, ha creado esta guía para principiantes, donde te familiarizarás con los conceptos más importantes y conocerás las mejores posturas para comenzar y obtener increíbles beneficios:

- Relaja tu cuerpo y aprende a concentrarte
- Deja ir tus miedos
- Recupera tu salud y bienestar
- Deshazte de tus viejos hábitos y crea nuevos
- Identifica tus metas personales y conquíсталas

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