



Relajación, masajes y técnicas (Spanish Edition)

José Manuel Gidon

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Conocer cómo relajarnos mejora nuestra calidad de vida, ya que nos permite liberar la tensión física y mental que acumulamos. De esta forma se podrán recuperar los niveles de energía y nos sentiremos renovados y revitalizados, en mejores condiciones para hacer frente a las presiones de la vida cotidiana.

La ciencia médica reconoce que la mente y el cuerpo están íntimamente ligados, afectando el estado de uno al otro. El estrés es el que reduce la resistencia del sistema inmunológico del cuerpo humano, y es una mente relajada la que colabora para fortalecer las defensas contra todo tipo de enfermedades. De igual forma, un físico relajado obtiene una mayor paz mental, espiritual.

Este libro nos explica, a través de distintos masajes y técnicas, la manera de lograr una buena relajación y, de esta manera, poder disfrutar de una vida más plena.



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