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Respira (Spanish Edition)



Synopsis

Este libro es una guía para entender la respiración y utilizarla como instrumento con el fin de mejorar tu salud física y mental. Un instrumento que te proporcionará enormes beneficios para la salud, entre ellos el alivio del estrés, niveles superiores de energía, más concentración, ayuda a la meditación, mejores patrones de sueño y un incremento del metabolismo. Consta de doscientos sesenta ejercicios sencillos que elevarán la consciencia de tu respiración, además de ciento cuatro perlas de sabiduría sobre diversos temas que comprenden desde la aceptación hasta el zen. / Breath Perception is your companion to understanding the power of breathing and using it as a tool to improve your physical and mental health along with your general well-being. Because we take breathing for granted, we are somewhat unaware of the potential it holds to reduce stress, change our metabolism and increase our supply of energy.

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