



Liberación del trauma: Perdón y temblor es el camino (Spanish Edition)

David Berceli

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La vida es estresante, produce angustia y frecuentemente es traumática. La consecuencia es que muchos de nosotros resultamos dañados y no nos percatamos de cuán profundo es nuestro dolor. Este libro es un aporte práctico para y riguroso para entender cómo guardamos y cómo podemos llegar a desprendernos de ese dolor.

- Las experiencias dolorosas que padecemos no se olvidan “dando vuelta la página”.
- Cada una de ellas deja su marca grabada profundamente tanto en la psique como en el cuerpo.
- Esto afecta nuestras vidas desde ese momento en adelante.

El autor, que ha dedicado los últimos veinte años a visitar y trabajar en zonas asoladas por situaciones traumáticas, sostiene que a pesar del sufrimiento que nos ha tocado vivir, incluso los acontecimientos más dañinos se pueden convertir en un camino hacia una existencia más plena y significativa.

Para ello propone un abordaje integral con elementos de apoyo, orientación y con especial énfasis en lo físico. Presenta con instrucciones detalladas y fotografías el conjunto de ejercicios que tienen como objetivo hacer temblar la región pélvica, los muslos y especialmente los músculos psoas. Ejercicios que pueden ser realizados en forma individual sin acudir a un especialista.

Tanto terapeutas como orientadores y profesionales del área de la salud encontraran en este libro un poderoso complemento a su trabajo de restaurar la salud física y psicológica de las vidas humanas en donde sea que se encuentren.

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Joseph Barnett:

A lot of people always spent their own free time to vacation or maybe go to the outside with them family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun for you. If you enjoy the book that you just read you can spent the whole day to reading a e-book. The book Liberación del trauma: Perdón y temblor es el camino (Spanish Edition) it doesn't matter what good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. When you did not have enough space to develop this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not too costly but this book possesses high quality.

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Scot Vines:

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