



Cuerpos sin edad, mentes sin tiempo (Spanish Edition)

Deepak Chopra

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Pasado y futuro son solo proyecciones mentales. Si logramos liberarnos de ellas, nos abrimos un espacio para vivir la experiencia de un cuerpo sin edad y una mente sin tiempo. Deepak Chopra nos muestra que el tiempo no es un absoluto, explicandonos que el envejecimiento depende de nuestra conciencia. Podemos utilizar el poder de esta para transformar nuestro cuerpo, crear las condiciones para la longevidad, y preservar el equilibrio de la vida. En este, su libro fundamental, el destacado especialista en medicina alternativa nos brinda herramientas para modificar nuestra percepcion sobre la edad, para conservar la vitalidad, la belleza y la creatividad, y para valorar al mismo tiempo la sabiduria acumulada a lo largo de la vida. / Ageless Body, Timeless Mind goes beyond current anti-aging research and ancient mind/body wisdom to dramatically demonstrate that we do not have to grow old! In a unique program that includes stress reduction, dietary changes, and exercise, Dr. Chopra offers a step-by-step, individually tailored regimen for maximum living in exceptionally good health.

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