



Visualizacion Creativa (Creative Visualization) (Spanish Edition)

Shakti Gawain

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La visualización creativa es el arte de usar la imaginación y el poder de la mente para producir cambios positivos. Es una herramienta única y dinámica que está al alcance de todos. Este libro te ofrece métodos y técnicas sencillas para incorporar la visualización creativa a tu vida diaria, que pueden ayudarte a :

- alcanzar tus metas laborales
- aumentar tu autoestima
- lograr una mejor salud y mayor vitalidad
- abandonar hábitos nocivos
- mantener tu prosperidad
- llegar a un profundo estado de relajación

La visualización creativa está siendo usada con éxito en los campos de la salud, la educación, los negocios, la psicología, los deportes y las artes.

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