



# Namaste: Guia Para Tener Una Mejor Calidad de Vida: Guia Para Tener Una Mejor Calidad de Vida. Tecnicas Basicas Para Mejorar Su

By Milagros Capriles

Createspace, United States, 2011. Paperback. Book Condition: New. Valentina Capriles (illustrator). 224 x 150 mm. Language: Spanish . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.La razon principal de este libro es poder transmitir a que las personas que lo lean, sencillas y eficientes practicas, para alcanzar una mejor calidad de vida. He elegido exponer el texto de una manera coloquial tratandose de mis propias motivaciones y experiencias que realmente impulsaron cambios importantes en mi persona. Lo que aqui describo viene de mi propia experiencia. Todo comenzo hace 6 anos, cuando mi internista llego a pensar que tenia algun problema serio en el cerebro, pues sufría de recurrentes dolores de cabeza. Luego de muchos analisis, comprendi que yo sufría de stress y me recomendo que practicara yoga. Fue asi que mi vida comenzo a cambiar. Con la practica diaria, de los ejercicios de yoga me sentia cada vez mas delgada y tallada. Posteriormente comence a tomar decisiones mas equilibradamente, con las respiraciones yoguicas, aprendi a no reaccionar de inmediato, respirando profundamente podia controlar mejor mis emociones. Comprendi que al no molestarme por los eventos diarios que nos encontramos en la vida, podemos utilizar mejor nuestra energia y ponerla al servicio...



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