



## PENSAMIENTO POSITIVO

By HERIL, ALAIN

GAIA EDICIONES, GAIA EDICIONES, 2013. Bolsillo. Book Condition: Nuevo. Dust Jacket Condition: Nuevo. LA COLECCIÓN. Hemos querido ofrecer al lector una recopilación de las modernas técnicas terapéuticas conocidas como nuevas terapias. Realizadas por expertos en cada una de las correspondientes áreas, estas completas guías proporcionan las claves para comprender fácilmente lo esencial de su teoría y de su práctica. . LA OBRA. La calidad de los pensamientos determina la calidad de vida. En base a este simple concepto se originó, hacia los años 60, una literatura tan ingente como ampliamente difundida que dio lugar a la estrategia terapéutica conocida como pensamiento positivo . Este enfoque terapéutico consiste, en esencia, en aprovechar la sugestionabilidad de la mente subconsciente para inducirla a seguir una dirección positiva y deseable. Esta obra recoge los principios teóricos del pensamiento positivo así como diversos ejercicios prácticos básicos. Incluye, además, un recorrido histórico por diferentes enfoques afines, tales como el entrenamiento autógeno, la psicósíntesis y la sofrología. 95 LIBRO.



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