



Abriendo Viejos y Olvidados Baules: Sabia Usted.?

By Lilian J Aguayo

Outskirts Press, United States, 2011. Paperback. Book Condition: New. 254 x 178 mm. Language: English, Spanish. Brand New Book ***** Print on Demand *****. Hoy presentamos ABRIENDO VIEJOS Y OLVIDADOS BAULES. Sabia Usted?, como una pauta general de conductas y consejos de salud que persiguen brindar una mejor calidad de vida en todos sus formas. El primero de futuros libros, que busca hurgar hasta en lo más recóndito de los viejos y olvidados secretitos de las abuelas, con el objetivo genuino de rescatarnos de las garras del abuso, desconocimiento, y una tan alarmante falta de información en cuanto a cómo vivir mejor hoy en día. En este valioso, sabio y sencillo libro, el autor hace una invitación a padres, educadores, niños, jóvenes y comunidad en general a cambiar los insanos hábitos de vida que la sociedad moderna, tan alarmantemente nos obliga a seguir. A amar, respetar y cuidar la Madre Tierra, y darle el lugar que se merece como portadora de todo lo que realmente necesitamos. Es un compendio de ideas, datos y sugerencias que nos permitirán conocer cómo alcanzar un equilibrio total entre nuestro cuerpo, mente y espíritu, para lograr una vida...



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