



Por Que Caminar Si Puedes Volar? (Paperback)

By Isha Judd

PUNTO DE LECTURA, Mexico, 2014. Paperback. Condition: New. Language: Spanish . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Actualmente, Isha es considerada una de las principales maestras en el campo de la espiritualidad. Sus seminarios, conferencias y cursos a lo largo del mundo han sido atendidos por cientos de miles de personas y la han llevado a ser reconocida como Embajadora de la Paz. En Por que caminar si puedes volar? nos propone un camino para dejar de atarnos a las dudas, las inseguridades e incertidumbres. A menudo nos detenemos debido a nuestros miedos, pero podemos liberar nuestro mayor potencial si profundizamos realmente en nuestro ser interior. En estas paginas resume todo su sistema de autoayuda, encaminado a lograr el equilibrio entre la mente, el cuerpo y las emociones. El libro ofrece recomendaciones para aliviar el estres, elevar la autoestima y mejorar las relaciones con los seres queridos. ENGLISH DESCRIPTION For the past decade, world-renowned spiritual teacher Isha has received international acclaim for her work inspiring profound inner change in thousands of individuals from all walks of life. Fueled by her vision of a...



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