



## VISUALIZACIÓN

By EGE, MONIQUE

Ediciones Gaia Ediciones, 2000. soft. Book Condition: New. 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 visualización es una técnica de crecimiento y desarrollo personal que ha adquirido un gran auge en los últimos años. Esta potente y versátil herramienta emplea la imaginación creadora con el fin de conseguir materializar un deseo profundo en la realidad. Para ello, enseña a producir una imagen mental dinámica y positiva que se corresponde con ese deseo profundo y que compensa o anula las imágenes falsas o impuestas desde el exterior que boicotean las posibilidades reales del individuo. De este modo, la visualización libera las posibilidades de la persona permitiéndole convertirse en maestro de su destino. LA AUTORA. Monique Ege es profesora de yoga e imparte seminarios sobre formación empresarial y creación de proyectos.



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