



Aprende El Arte de. Dejar Tu Cuerpo Decaer (Paperback)

By Maya Ruibarbo

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****. SACA AL CUERPO DEL OLVIDO Y HAZLO TU AMIGO. Si tienes el arco siempre tenso, muy pronto lo romperas. Gayo Julio Fedro. Cuanto hace que tu cuerpo no es feliz? En nuestra sociedad hiperactiva descanso equivale a dormir , y dormir poco, encima. Mantenemos al cuerpo sobrecargado dia si y dia tambien, y luego nos sorprendemos cuando empiezan a aparecer los malestares fisicos y emocionales. *Hora de reaprender las sensaciones fisicas. La mayoría de nosotros hemos olvidado como relajarnos DE VERDAD. *Necesitas con urgencia volver a coleccionar momentos felices desde lo fisico, si quieres vivir plenamente tu vida. *Es momento de regresar a las buenas costumbres de la infancia que hemos olvidado. *Nos estamos machacando a conciencia, y nos volvemos personas serias . La gente seria pierde alegría a raudales. Recupera esa alegría! Deja a tu cuerpo disfrutar! No pases por la vida de puntillas. Reentrena a tu cuerpo para que viva plenamente en el mundo, y goce de todas sus maravillas. He disfrutado mucho con esta obra de teatro. Especialmente en el descanso. Groucho Marx. Cuando tu corazon...



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