



Reinventar el cuerpo, resucitar el alma: Como crear un nuevo tu (Spanish Edition)

Deepak Chopra

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TRASCIENDE LOS OBSTÁCULOS QUE AFECTAN A TU CUERPO Y A TU ESPÍRITU

15 años después de su gran clásico *Cuerpos sin edad, mentes sin tiempo*, Deepak Chopra revisa el “milagro olvidado”—la capacidad infinita de renovación y cambio del ser humano.

“Tu cuerpo físico es una ficción” nos dice Chopra. Cada célula está compuesta de dos elementos básicos: conciencia y energía. Aquí aprenderás a aprovechar esos elementos para cambiar los patrones de energía distorsionados que son la causa de las enfermedades y el envejecimiento. Pero la transformación no trata solo del cuerpo; debe incorporar también el alma. El alma —aparentemente invisible, distante, y apartada del mundo material— en realidad crea al cuerpo. Y solo al llegar a ella alcanzarás tu máximo potencial, y conseguirás mayor percepción, inteligencia y creatividad en todos los aspectos de tu vida.

Reinventar el cuerpo, resucitar el alma ofrece 10 pasos —cinco para el cuerpo y cinco para el alma— que nos llevarán a la auto transformación. Con su estilo claro y accesible, Chopra nos invita a vivir con él los milagros que suceden cuando conectamos el cuerpo directamente a los maravillosos misterios que dan sentido y significado a la vida— directamente al alma.

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