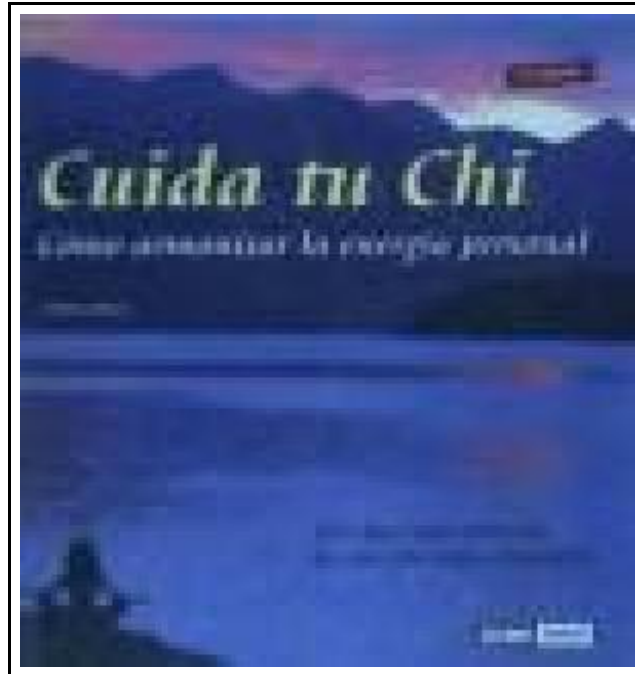


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OCEANO-AMBAR, 2006. soft. Book Condition: New. En todos los rincones del universo late una energía vital que mueve el cielo, la tierra y los seres humanos: el Chi. Para vivir con salud, energía y optimismo, tenemos que permitir que esta fuerza poderosa fluya sin trabas e inspire nuestra rutina. Oriente y Occidente se abrazan en este libro para enriquecer el día a día con los secretos del Chi. Además de explicar detalladamente cómo funciona esta corriente sanadora y cómo podemos canalizarla en nuestro beneficio, este manual ofrece cientos de ideas para incorporarla a nuestra vida cotidiana. Cuida tu Chi es una completa guía práctica para potenciar esta energía universal en todos los ámbitos vitales y promover la armonía, el éxito y el bienestar. Incluye trucos que favorecen el "\"darse cuenta\"" y toda clase de consejos prácticos para: sanar tu cuerpo a través del Chi purificar la mente y alejar las preocupaciones meditar y despertar la luz interior promover la creatividad hacer fluir energía positiva en la casa eliminar obstáculos que contaminan el ambiente crear un marco para la prosperidad.



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