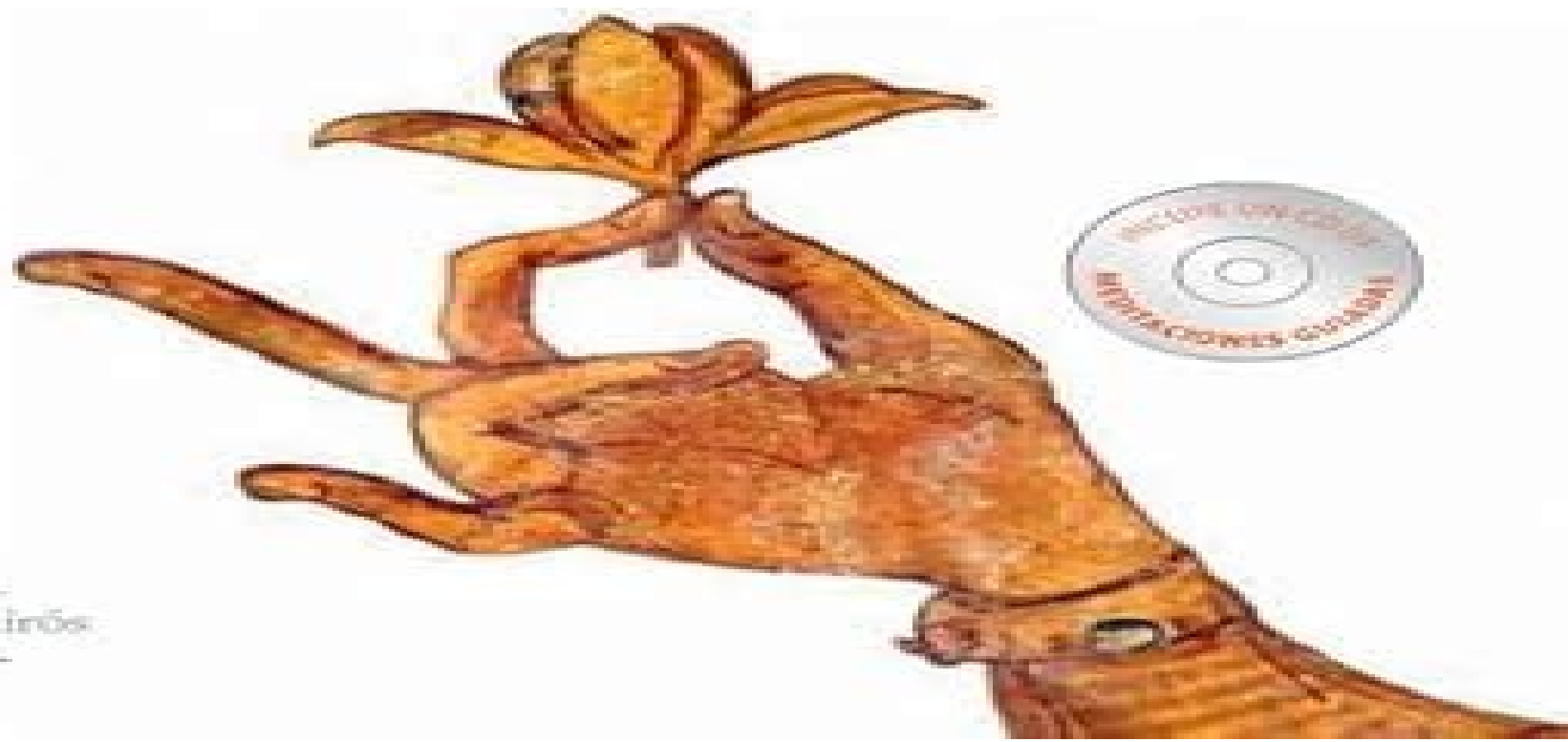


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MEDITAR DÍA A DÍA

25 lecciones para vivir con mindfulness



Kairós

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Neurociencias, educación y psicología ALEXANDER ORTIZ,2024-05-20 La estrategia RIES Respira Inhala Exhala y Suspira configurada a partir de la integración de los hallazgos de las neurociencias la psicología y la educación ha sido la base para escribir el presente libro en el que se propone un Modelo Formativo de Autogestión emocional que busca mejorar la salud mental El libro se basa en la pedagogía del amor y la compasión como herramientas para alcanzar la tranquilidad emocional y vivir en plenitud A través de diferentes estrategias como técnicas de respiración meditación y reflexión se busca que los lectores puedan identificar y regular sus emociones de manera efectiva Esta propuesta tiene como finalidad esencial configurar el sosiego y vivir en plenitud El modelo se enfoca en la respiración consciente la atención plena la meditación la escucha activa la aceptación el mindfulness y la gratitud Estas herramientas se combinan con el arte de narrar y el humor para ofrecer experiencias que ayudan a los lectores a conectar con su yo interno reconocer sus emociones regular sus estados emocionales y desarrollar habilidades de autocuidado

Psicología Oscura y el Arte de la Manipulación Robert Clear,2025-09-01 Psicología Oscura y el Arte de la Manipulación No leas este libro a menos que estés listo para dejar de ser manipulado y empezar a manipular Esto no es desarrollo personal Esto es dominio personal No es autoayuda Es auto poder Aqu no obtendrás consejos bonitos aqu obtendrás las técnicas prohibidas que los demás usan contra ti todos los días pero nunca te enseñaron Dentro descubrirás Control Mental Oculto penetra la mente ajena y guía decisiones sin que lo noten Manipulación Emocional Avanzada dispara emociones exactas en el momento que elijas Persuasión Subliminal haz que otros crean que lo que quieren en realidad lo decidiste tú PNL y Reprogramación Mental cambia creencias y comportamientos como si fueran código Lectura de Personas y Lenguaje Corporal descifra micro gestos silencios y debilidades ocultas Psicología Oscura Aplicada domina grupos controla dinámicas sociales y rompe defensas psicológicas Este libro es para quienes quieren Convertirse en la persona imposible de ignorar Tener ventaja en negocios relaciones y poder social Jugar al juego de la influencia sin reglas y ganarlo Advertencia Estas técnicas no son para todos En las manos correctas construyen lealtad éxito y autoridad En las manos equivocadas destruyen reputaciones relaciones y vidas enteras Seguir siendo presa O ser el cazador Bienvenido al lado oscuro

El Arte de la Manipulación y la Psicología Oscura Robert Clear,2025-10-15 Hay dos tipos de personas en este mundo los que son manipulados y los que dominan las reglas del juego mental Este libro no te enseñará a ser bueno Te enseñará a ser peligrosamente consciente Dentro de El Arte de la Manipulación y la Psicología Oscura descubrirás cómo funcionan las fuerzas invisibles que controlan tus decisiones tus emociones y hasta tus relaciones Y lo más importante cómo usarlas a tu favor Aprende a leer la mente de los demás sin decir una palabra Usa el poder de la PNL y la persuasión subliminal para influir sin resistencia Domina el lenguaje corporal el control emocional y la manipulación silenciosa Protege tu mente de quienes intentan dominarte No es teoría Es el manual que las personas influyentes no quieren que leas Una vez que entiendas cómo opera la mente humana verás el mundo con una claridad brutal y los demás no sabrán

mo lo haces Est s listo para dominar la mente o seguir siendo dominado *Tres amigos en busca de la sabiduría* Cristophe André,Matthieu Ricard,2016-09-26 Tras a os de amistad Christophe Andr Alexandre Jollien y Matthieu Ricard se re nen por primera vez para responder a las preguntas que todo ser humano se formula en el transcurso de su existencia C mo vencer el malestar C mo vivir en paz con los dem s El ego amigo o impostor Qu nos lleva a acumular posesiones Qu nos aporta el altruismo En qu consiste la libertad C mo viajar m s felices y ligeros Cada cual con su propia voz y desde su propio campo de conocimiento estos excepcionales maestros toman la palabra para narrar sus experiencias compartir aquello que han aprendido a lo largo del camino y ofrecernos sus consejos y su sabidur a Tres de los pensadores m s influyentes de nuestro tiempo reunidos en una obra aut ntica y luminosa que es todo un lujo para el lector Ayurveda y psicología Fabián Ciarlotti, Ayurveda es la milenaria medicina hind cuyo Significado es Conocimiento de vida Sostiene que no es necesario enfermar y dirige principalmente sus antigu simos saberes al autoconocimiento a la prevenci n y al tratamiento de desequilibrios cr nicos Para el Ayurveda la mente y por su intermedio la alimentaci n son las principales causas de toda enfermedad Los bloqueos emocionales y los pensamientos equivocados generan respuestas negativas en el organismo que se traducen en estr s dolores de cabeza problemas cardiovasculares y trastornos respiratorios Por ese motivo Si somos capaces de comprender c mo funciona nuestra mente lograremos mantener una salud ptima No olvidemos que la mente complica todo lo que toca creando una pel cula que nos destruye y nos impoSibilita actuar correctamente El apego los celos la falta de aceptaci n el rencor la envidia y sobre todas las cosas la creencia en un yo exacerbado nos llevan a cometer errores que pronto hacen mella en nuestra salud mental y f Sica Ayurveda y PSicolog a es un manual de aprendizaje para comprender qui nes somos desde una perspectiva hol stica basada en esta milenaria medicina hind cuyo objetivo final es saber comprender discernir aceptar y desapegarse de los resultados de la acci n La pSicolog a v dica es una terapia destinada a modificar el modo en que percibimos la realidad As permite conocer un camino poSible para alcanzar una verdadera felicidad Autor Fabi n Ciarlotti As 12 Chaves Para a Felicidade Luís Lameira,2023-02-23 Desejar ser feliz e efetivamente s lo s o as metas maiores de quase todos n s Mas a vida atual imp e se em exig ncia na rotina dos dias e perdemos tantas e tantas vezes o rumo dos nossos objetivos das nossas expetativas e dos nossos sonhos Esbarramos em portas fechadas que dificilmente conseguimos transpor sozinhos Se for esse o seu caso As 12 chaves para a Felicidade est o aqui para lhe dar uma ajuda Lu s Lameira psic logo acreditado pela Ordem dos Psic logos Portugueses e com uma vast ssima experi ncia de consulta em Psicologia Cl nica disponibiliza lhe neste livro muitas estrat gias e conselhos que poder colocar em pr tica em qualquer momento S o 12 cap tulos de consulta acess vel abordando temas como rela es sociais familiares trabalho ou sexualidade em orienta es para que consiga ser mais feliz Encontrar nestas p ginas relatos de casos reais da pr tica cl nica de Lu s Lameira exerc cios pr ticos e resposta a muitas quest es que trar consigo e outras que ir descobrir neste desafio de evolu o pessoal Este n o um livro de autoajuda mas sim uma proposta de alian a terap utica entre autor e leitor entre a experi ncia do psic

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