

Tratado En Bioneuroemocin Bases Biolgicas Para El Cambio

BioneuroemocionEl arte de desaprender Enric Corbera Sastre Enric Corbera

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este libro de enric corbera institute nos explica profunda y detalladamente qué es y qué utilidad tiene el método llamado bioneuroemoción según se nos explica entrar en coherencia y seguir los dictados de nuestro corazón contribuye a nuestra salud en todos los sentidos

en está a obra enric corbera expone las teorías de la ciencia de vanguardia un saber consolidado expuesto con claridad y bien argumentado donde fundamenta el método de la bioneuroemoción la terapia que integra múltiples disciplinas y que consolida el tratamiento de las emociones sus propuestas son tan sensatas como evidentes favorecer la coherencia emocional entre lo que sentimos y lo que hacemos de este modo aprendemos a retomar el poder saliendo de la posición de víctimas y de los programas heredados de nuestros ancestros el autor llega muy lejos en su objetivo de mostrarnos el camino hemos de tomar conciencia de que somos los hacedores y no meros observadores de los acontecimientos externos lo que supone literalmente un salto enorme en como contemplamos el mundo y a nosotros mismos por lo que podemos mirar este hecho sabiendo intuitivamente que es verdad y aún así reaccionar con resistencia pues resulta más cómodo volver a la seguridad de nuestra pequeñez que asomarnos a la grandeza incommensurable de nuestra autentica realidad sin duda esta es una verdad que puede resultar incómoda porque apunta a tomar plena responsabilidad en nuestras vidas y abre al mismo tiempo horizontes de curación ilimitados

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