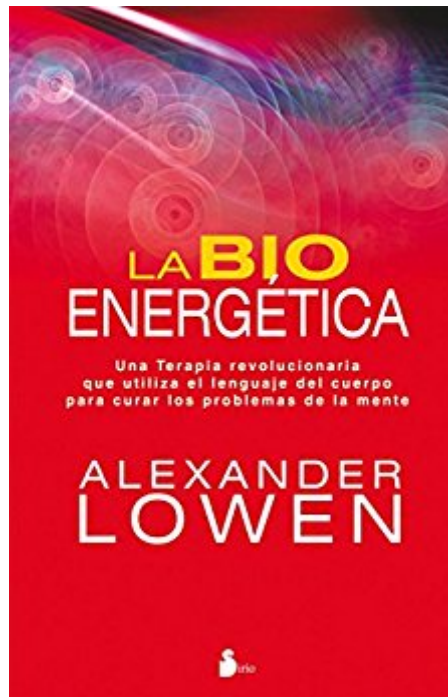


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LA BIOENERGETICA (Spanish Edition)



Synopsis

La bioenergética es una técnica terapéutica que ayuda a la persona a volver a su cuerpo y a disfrutar lo mejor posible de la vida corporal. La idea básica es la unidad dinámica del ser humano. Todas las funciones del hombre, tanto somáticas como psíquicas, son efecto de la energía vital y cualquier incremento o disminución de esa energía afectar tanto al cuerpo como a la mente. La interacción cuerpo-mente es tal que, siendo conscientes del propio cuerpo podemos llegar a saber quiénes somos en realidad, es decir, podemos llegar a conocer nuestra propia mente. Liberar las tensiones y corregir problemas psicológicos a través de la actividad corporal nos da la posibilidad de una vida más plena y más feliz. Este libro, convertido ya en un clásico, ha cambiado el horizonte de la psicoterapia así como el futuro de miles de hombres y mujeres.

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