

Lo Smartphone La Penna Del 21esimo Secolo

Louise L. Hay, Dr. Mona Lisa Schulz

I colori della vita Paolo Bosotti, 2020-07-31 «Si ha quasi l'impressione di vederlo l'autore, seduto a pensare su come siano trascorsi i suoi respiri – cosa abbia lasciato al suo spirito ogni momento trascorso, ogni persona incontrata tutti i successi come anche le delusioni e i dolori – e di come lui li abbia doppiamente sentiti, ogni qualvolta che decideva, nel corso degli anni, di mettere su una pagina una poesia che li rappresentasse, ma anche celebrasse, perché nulla come la poesia riesce a concretizzare infinite sfumature in un piccolo prezioso involucri, pronto per essere condiviso.» (dalla Prefazione) Paolo Bosotti è nato nel 1967 a Milano, vive in provincia di Milano e si divide fra la città e una casa a Premeno (VB), sulle alture del Lago Maggiore. Ha completato gli studi in ambito economico-finanziario e lavora nel medesimo settore. La scrittura e lo sport sono le sue grandi passioni. Questa è la sua prima pubblicazione.

Guarisci la tua mente Louise L. Hay, Dr. Mona Lisa Schulz, 2017-05-03T00:00:00+02:00 Come possiamo mantenere l'intelletto sano, l'umore stabile e la memoria integra se il corpo e il cervello vengono bombardati da informazioni e influssi di ogni tipo? Questo libro è una risorsa unica nel suo genere perché combina nozioni scientifiche all'avanguardia con risorse pratiche da mettere subito in atto nella quotidianità. Le autrici affrontano temi come la depressione, l'ansia, la dipendenza, la memoria, l'apprendimento e gli stati mistici. sei triste, arrabbiato o nel panico sei dipendente da una sostanza o da un comportamento fai fatica a concentrarti, a leggere o a ricordare le cose un trauma del passato ti offusca la mente nel presente uno stato emotivo porta allo sviluppo di un sintomo fisico Ogni capitolo è strutturato in modo da offrirti un'esperienza di miglioramento nella sezione dedicata alla Clinica del Benessere, attraverso i casi di cui la dottoressa Schulz si è occupata nella sua pratica di medico e le soluzioni e le affermazioni proposte da Louise Hay per aiutare le persone a recuperare la gioia di vivere e la serenità.

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