

Dolor Hombro Y Brazo Derecho Significado Emocional

Nick Orter

La solución Tapping para aliviar el dolor Nick Orter, 2020-08-21 «Deja a un lado tu escepticismo: esto realmente funciona. He trabajado con Nick y he obtenido grandes resultados con el tapping en mi propia vida.» Dr. Wayne Dyer, autor bestseller de Tus zonas sagradas Miles de personas sufren dolor crónico todos los días. Si eres uno de ellos, probablemente has buscado todas las soluciones posibles: médicos, inyecciones, medicamentos, cirugías. Aunque todas tienen un lugar para la curación, se quedan cortas cuando se trata de dolores crónicos. ¿Qué hacer entonces? La solución tapping para aliviar el dolor presenta una gran alternativa. Nick Orter, autor bestseller de La solución tapping, regresa para regalarnos una guía paso a paso de cómo aplicar esta técnica (también conocida como eft, Técnicas de Liberación Emocional) para reducir o eliminar el dolor crónico. A través de investigaciones científicas en torno al dolor, al estrés y el tapping, Orter nos abre los ojos para mostrarnos lo poderoso de este método y nos ofrece tips, ejercicios y herramientas para eliminar ese dolor a corto y a largo plazo. La solución tapping para aliviar el dolor nos invita a un viaje que inicia en la parte superficial -el dolor en sí mismo- para movernos y ahondar en lo que verdaderamente lo genera. Este libro te ayudará a: -Sanar el dolor emocional - Eliminar las creencias que te impiden seguir adelante -Crear límites personales -Resolver relaciones tóxicas -Eliminar la resistencia al cambio -Comprender el poder de un diagnóstico -Trabajar con el enojo Hay muchas maneras en las que el cerebro y el cuerpo pueden crear, aumentar y prolongar el dolor. Después de leer este libro, no sólo comprenderás su origen, también conseguirás sentir el alivio que necesitabas. Pero enfrentémoslo, esto va más allá del dolor: se trata de empoderarte y vivir la vida que decides tener.

Psicología política, 1996

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Dolor Hombro Y Brazo Derecho Significado Emocional**. In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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Dolor Hombro Y Brazo Derecho Significado Emocional**Introduction**

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