

Mtodo Silva De Control Mental

JOSE AUTOR SILVA,PHILIP AUTOR MIELE

El método Silva de control mental José Silva,Philip Miele,2020-01-13 «La vida que siempre habías querido, a tu alcance.» Un libro de meditación para controlar y liberar nuestra mente. Nuestros pensamientos, ideas y creencias condicionan nuestra experiencia vital. Cuando aprendemos a utilizar los recursos más profundos e invisibles de nuestro yo y realizamos cambios sencillos y positivos, podemos vivir una vida más plena y más ajustada a nuestros ideales y deseos. El objetivo del Método Silva de Control Mental es enseñarnos a utilizar mejor nuestra mente y pensar de forma más eficaz, y al mismo tiempo activar áreas de nuestro cerebro que suelen estar casi inactivas. Mediante sencillos ejercicios, lograremos estimular la memoria y la intuición, controlar las tensiones y los malos hábitos y resolver los pequeños y grandes problemas de la vida cotidiana. Este libro, publicado por primera vez en los años sesenta y traducido a más de treinta idiomas, ha dado lugar a cursos y seminarios en todo el mundo.

El Metodo Silva de Control Mental = The Original Silva Mind Control Method José Silva,Philip Miele,1999-12 El metodo Silva de control mental es un sistema de meditacion dinamica para el hombre moderno que vive en medio de las tensiones, el ritmo acelerado de la actividad, la dispersion mental y una serie de malos habitos que ha desarrollado en el la civilizacion occidental del ultimo tercio de este siglo.

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Método Silva de control mental José Silva,Burt Goldman,2011-07-07 El revolucionario Método de Control Mental de Silva es el programa para la solución de problemas y la filosofía de autoayuda de más rápida difusión del mundo: ¡Ya ha ayudado a millones de personas! Este notable libro le enseña cómo utilizar las técnicas de la meditación dinámica para ver la solución de cualquier problema y aplicarla. Descubrirá también el tremendo poder de su mente para conseguir cambiar los hechos y situaciones de la vida, poniéndolos bajo su control.

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