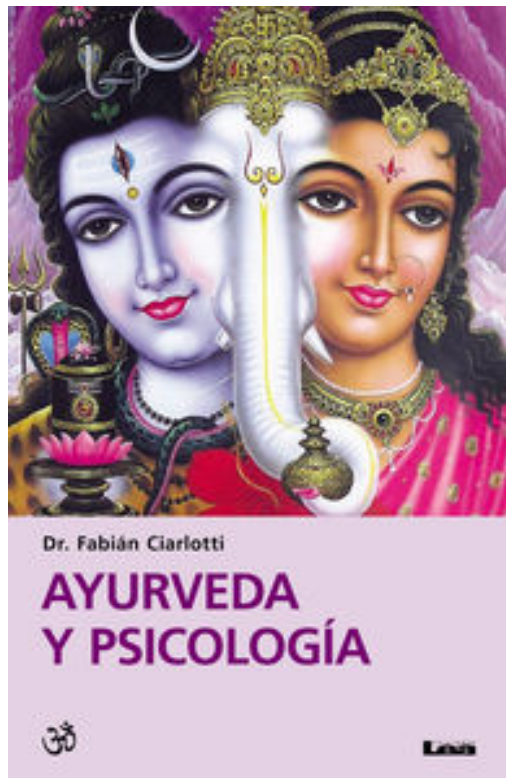


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**Descargar libro en línea PDF epub mobi Español Ayurveda y psicología Fabián Ciarlotti** , Ayurveda es la milenaria medicina hindú, cuyo significado es "Conocimiento de vida". Sostiene que no es necesario enfermar, y dirige principalmente sus antiquísimos saberes al autoconocimiento, a la prevención y al tratamiento de desequilibrios crónicos. Para el Ayurveda, la mente, y por su intermedio la alimentación, son las principales causas de toda enfermedad. Los bloqueos emocionales y los pensamientos equivocados generan respuestas negativas en el organismo que se traducen en estrés, dolores de cabeza, problemas cardiovasculares y trastornos respiratorios. Por ese motivo, si somos capaces de comprender cómo funciona nuestra mente, lograremos mantener una salud óptima. No olvidemos que la mente "complica todo lo que toca", creando una película que nos destruye y nos imposibilita actuar correctamente. El apego, los celos, la falta de aceptación, el rencor, la envidia y, sobre todas las cosas, la creencia en un "yo" exacerbado, nos llevan a cometer errores que pronto hacen mella en nuestra salud mental y f

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