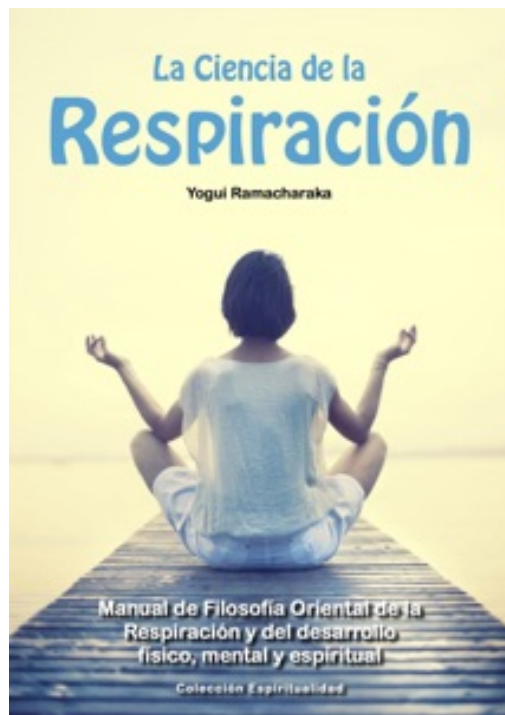


Descargar Libro En Línea PDF Epub Mobi Español La Ciencia De La Respiración - William Walker Atkinson



Descargar libro en línea PDF epub mobi Español La Ciencia de la Respiración William Walker Atkinson , En 1903, La Ciencia de la Respiración introdujo a los estadounidenses al mundo del Yoga y de la espiritualidad Oriental. Desde entonces, sus enseñanzas han ayudado a miles de lectores a respirar mejor y a mejorar sus vidas, y todavía hoy lo siguen haciendo, pues sus principios se han transmitido durante siglos de maestro a discípulo. A lo largo de este trabajo, la biología occidental se mezcla con las prácticas espirituales de La India para mostrar a los lectores cómo aumentar la concentración, disminuir el estrés, y conducir al practicante hacia una mayor conciencia. Cualquier persona interesada en la espiritualidad y el desarrollo personal encontrará en esta obra una guía útil y una forma sencilla y práctica de aprender a respirar mejor y así mejorar su vida.

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