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*Manual de la
Calidad de Vida*

Longevidad con Alegria

Pablo Luis Mainzer

Descargar libro en línea PDF epub mobi Español Manual de la Calidad de Vida Pablo Luis Mainzer , Deseoso de compartir su experiencia, bien como sus años de observación como estudioso autodidacta del campo de la salud humana, Pablo Luís Mainzer ofrece ahora un breve manual, en que sintetiza los fundamentos principales para una vida más plena, o sea, para alcanzarse la tal ansiada "Calidad de Vida". Luego en las páginas iniciales, así justifica el porqué buscarse la calidad de vida: "Aunque seamos máquinas perfectas, precisamos del combustible adecuado y de los aditivos correctos para alcanzar la longevidad. Y (...) este combustible se llama "Calidad de Vida". Sin cualidad de vida no hace sentido querer prolongar la existencia, dado que es condición esencial para que la disfrutemos en su plenitud." Es admirable la lucidez del autor, del alto de sus noventa años de edad, que, lejos de acomodarse o desear apenas "sombra y agua fresca", manifiesta su preocupación en querer compartir sus descubiertas al respecto de los beneficios de la meditación con el mayor número posible de personas. Y

suerte suya, lector, en poder leer y comprobar en pocas, mas reveladoras páginas todo lo que está a su alcance, bastando apenas querer y colocar en práctica!

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