



## Todo está bien (Spanish Edition)

*Hay Louise L., Mona Lisa Schulz*

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Todo está bien, el nuevo libro de las famosas autoras Louise L. Hay y Mona Lisa Schulz, no sólo plantea el principio científico detrás de las afirmaciones del best seller internacional Tú puedes sanar tu vida, sino que ofrece consejos prácticos para la curación de muchos padecimientos, tanto físicos como emocionales. Con base en los siete centros que reflejan nuestro sistema de chakras, las autoras revisan las conexiones entre estos y el cuerpo; exploran las causas mentales posibles para las manifestaciones físicas de la enfermedad, y después exponen tres maneras de atender la salud: Louise analiza novedosos patrones de pensamiento y ofrece afirmaciones para contrarrestar debilidades emocionales específicas, mientras Mona Lisa, quien ha trabajado durante años como curadora intuitiva y doctora, ayuda al lector a escuchar la intuición de su propio cuerpo y ofrece soluciones con fundamento en la medicina occidental. Ambas proporcionan ejemplos de personas que han tenido que enfrentar enfermedades, y las recetas que les han ayudado a sanar. Afirmaciones, intuición y ciencia forman una tríada poderosa que te permitirá lograr una salud y un bienestar óptimos, en los que, como Louise siempre dice: Todo está bien.

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