

Ler Livro Online Budismo E Meditação Mindfulness James Kingsland



Faça o download ou leia online Budismo e Meditação Mindfulness James Kingsland , Transitando livremente entre a ciência e os textos sagrados, James Kingsland, jornalista especializado em ciência e medicina, mapeia a jornada espiritual de Siddhartha e explica como as novas pesquisas de grandes neurocientistas e psicólogos clínicos indicam que a prática da meditação mindfulness reconfigura nosso cérebro para nos deixar mais saudáveis e felizes e auxilia o tratamento de problemas como estresse, depressão, dor crônica e dependência química. Com seis meditações guiadas, Budismo e Meditação Mindfulness é uma odisseia prática e inspiradora para todos que querem usar todos os benefícios da meditação mindfulness para aperfeiçoar a mente e o espírito, numa combinação inteligente e acessível entre os ensinamentos da filosofia budista e da neurociência.

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