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O caminho para
a felicidade suprema

7 CHAVES PARA UMA JORNADA DE ALEGRIA E ILUMINAÇÃO

DEEPAK CHOPRA

ROCCOBIBBIAN

Faça o download ou leia online **O caminho para a felicidade suprema Deepak Chopra** , Quando mente, corpo e espírito estão em harmonia, a felicidade é o resultado natural, enquanto os sinais de desarmonia são o desconforto, a depressão, a ansiedade e as doenças em geral. Em O caminho para a felicidade suprema, Deepak Chopra aponta sete chaves que vão ajudar na construção da felicidade plena e iluminada. É necessário, porém, estar atento aos sinais.

O primeiro sinalizador é o corpo. É fundamental atender suas necessidades e respeitar seus limites. Outro ponto importante é a construção da verdadeira autoestima, experiência de busca interior e encontro com o verdadeiro ser. Também é necessário se livrar de hábitos e pensamentos tóxicos. Emoções como raiva, ansiedade e culpa, somadas a desequilíbrios no estilo de vida, também colaboram para uma vida infeliz. O grande desafio é superar os condicionamentos e ensinar o cérebro a sentir o mundo de uma maneira direta, sem as toxinas emocionais.

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