



Nudos mentales (Spanish Edition)

Bernardo Stamateas

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«Nuestra mente funciona las veinticuatro horas, permanentemente estamos pensando. La calidad de los pensamientos determina la calidad de nuestra vida. No podemos ir más lejos que los pensamientos que tenemos. Muchos de ellos son «nudos mentales», ideas, creencias, que nos traen dolor, sufrimiento, limitación, angustia. A la mayoría de estos nudos mentales que todos tenemos solemos resolverlos por nuestra cuenta, algunos más rápido, algunos más lento, pero otros nudos mentales nos limitan y nos traen dolor durante mucho tiempo.

En este libro, querido amigo, analizaré los treinta nudos más frecuentes que todos hemos tenido, tenemos o tendremos en algún momento de nuestra vida. No desarrollo mucho el nudo en sí, dado que es un pensamiento limitante, claro de entender, sino que pongo el énfasis en una idea para poder pensar de otra manera, ver el problema desde otro ángulo y así «desanudarnos».

Espero que este libro te ayude a pensar, a reflexionar y ver las situaciones de otro modo, y a tener un poco más de paz mental.»

En este nuevo libro, Stamateas presenta los nudos más frecuentes que todos hemos tenido, tenemos o tendremos en algún momento de nuestra vida.

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Playing with family in the park, coming to see the marine world or hanging out with good friends is thing that usually you might have done when you have spare time, subsequently why you don't try matter that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Nudos mentales (Spanish Edition), you could enjoy both. It is great combination right, you still desire to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't understand it, oh come on its known as reading friends.

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