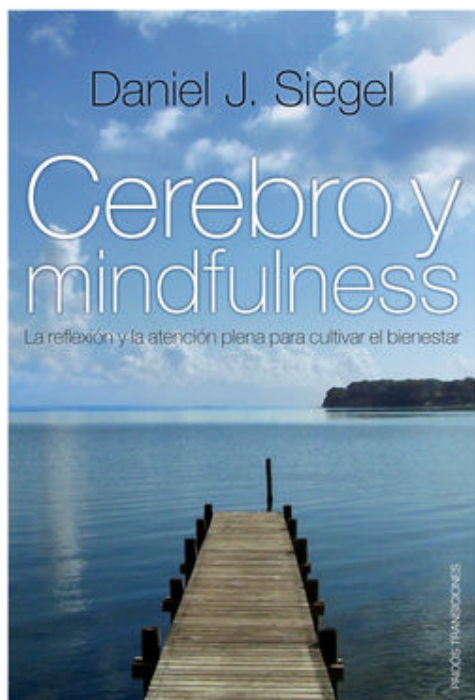


Descargar libros gratis Cerebro y mindfulness - Daniel J. Siegel QBook



“Bienvenidos a un viaje al corazón de nuestras vidas.” Con estas palabras, Daniel Siegel, científico, psiquiatra, educador e investigador puntero en el ámbito de la salud mental, nos invita a una brillante exploración de lo que significa vivir aquí y ahora, a experimentar el momento con todos nuestros sentidos, a ser “mindfully conscientes”.

El Mindfulness no es una moda pasajera. Las culturas y religiones de todo el mundo han recurrido a diversos métodos, desde la meditación a la plegaria; desde el yoga al tai-chi, para ayudar a los individuos a obtener un mayor bienestar centrando su atención y sintonizando con el presente. El Dr. Siegel nos explica que se ha demostrado científicamente que la atención plena refuerza nuestro bienestar físico, psicológico y social. A partir de esta evidencia empírica, Siegel propone una innovadora síntesis de investigación y experiencia propia sobre el valor del mindfulness para nuestra vida interior, nuestras relaciones interpersonales y el aumento del bienestar.

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