



Movimiento consciente (Spanish Edition)

Anat Baniel

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Por primera vez, Anat Baniel plasma en un libro los principios de un metodo que ha ayudado a miles de personas de toda edad y condicion a expandir su vitalidad y encontrar lo mejor de si mismos. Basado en las ultimas investigaciones en neurociencia y avalado por el doctor Moshe Feldenkrais, pionero en el estudio de la relacion cuerpo-mente, su enfoque ofrece a todo el mundo la posibilidad de desplegar al maximo sus posibilidades fisicas y mentales. Nuestro nivel de energia depende directamente del cerebro. Si este carece de lo necesario para desarrollarse, nos aletargamos, reaccionamos menos a los estímulos externos. Movimiento consciente condensa en nueve principios todo lo que el cerebro precisa para despertar, para crecer mas alla de lo imaginable. Mediante movimientos corporales y ejercicios mentales, a veces muy sutiles, le proporcionaremos valiosa informacion para crear infinidad de nuevas conexiones neuronales, que se traduciran en un vigor renovado, inteligencia, bienestar y entusiasmo sin limites. / Remember a time when you were bursting with energy, curiosity, and creativity? When your body felt strong and flexible, free of any aches and pains? With the Anat Baniel Method, you can feel that way again and experience renewed, intensified vitality greater health, flexibility, strength, sensuality, clarity of mind, and enthusiasm now and throughout your life, no matter what your age or physical condition. Your level of vitality is directly connected to your brain. When your brain thrives, growing and making new connections, you are invigorated, infused with a new sense of aliveness and possibility, capable of infinitely new ways of moving, thinking, and feeling. Combining cutting-edge neuroscience, the work of Dr. Moshe Feldenkrais, and her own method based on more than thirty years of experience working with thousands of people around the world, Anat Baniel has defined the Nine Essentials your brain needs to flourish. In this breakthrough book, she offers specific, practical advice for incorporating those Essentials into everything you do to achieve immediate and powerful benefits.

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