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El equilibrio mente-cuerpo en un programa para acrecentar las energías y la vitalidad.

La mente posee un potencial de energía que podemos desbloquear para desarrollar una vida plena. Deepak Chopra, el destacado especialista en medicina ayurvédica, nos ofrece una serie de consejos y pasos a seguir para aprovechar ese potencial y recuperar la vitalidad esencia; gracias a ello, podremos desarrollar nuestras actividades cotidianas y enfrentar nuevos desafíos. Aborda, además, temas tan actuales como la relación entre dieta y energía o la fatiga crónica.

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