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VIRGINIA BLANES

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"Del Ego Al Ser" no pretende ser un libro de autoayuda, un manual revolucionario, o un recetario mágico. Es una exposición de técnicas arcanas, simples y efectivas. Un manuscrito que compila la definición de unas energías básicas, que comprendidas y sumadas a unas prácticas sencillas, pueden aliviar de forma considerable el estrés, el desánimo, la confusión y el desasosiego. Esta es una invitación a la mente a jugar de una manera diferente, a mirarse desde otra perspectiva más relajada, más productiva y sobre todo más amorosa. Es una invitación al alma a manifestarse de una forma óptima en el presente, a gozar de la maravillosa oportunidad que ofrece esta vida.
El lenguaje directo de Virginia Blanes hará que muchos lectores se sientan identificados con las claves y procesos aquí expuestos, encontrando fórmulas que les ayudarán a comprenderse a sí mismos y a acercarse de forma segura a la felicidad.

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