



## Control mental

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By Vv.Aa.

OBELISCO EDICIONES, 1996. Condition: Nuevo. El hombre dispone de un instrumento extraordinario creado por la naturaleza: su mente. El poder de la mente humana es ilimitado, sin embargo, la mayoría de las personas utiliza apenas un 10% de su capacidad mental. Esto se debe a no haber procedido a una educación sistemática de nuestras facultades mentales. La presente guía nos ofrece un método práctico para lograr el control de más parcelas de nuestra mente a través de ejercicios de fácil comprensión y ejecución. Controlar nuestra mente como el dolor, el miedo, la depresión o el fracaso, haciendo que logremos una vida más plena y acorde con nuestras posibilidades internas.



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