



El asistente interior (Spanish Edition)

Norberto Levy

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La nueva edición de un clásico del Dr. Norberto Levy, el pionero de la psicología transpersonal en la Argentina, con más de cuarenta años de investigaciones innovadoras. Se incluye el link con el audio de las consignas, transmitidas por el autor. Así como nuestro organismo tiene la capacidad de producir las sustancias que necesita para regular su funcionamiento, en el plano psicológico también tenemos la capacidad de generar los remedios que curan los trastornos emocionales. La diferencia reside en que la autorregulación física es automática y la psicológica no, por lo que es necesario realizar un aprendizaje.

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