



Manual teórico práctico de meditación (Spanish Edition)

Gabriel Guerriero

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Una guía pormenorizada y exhaustiva de las técnicas de Meditación, a partir de la experiencia y el conocimiento de uno de los referentes más destacados del campo de las terapias alternativas y las disciplinas relacionadas. El autor desarrolla un manual que permite diversos usos, según el grado de interés y la voluntad de profundizar por parte del lector. Conceptos, posiciones físicas, tipos de prácticas y un muestrario de las más diversas técnicas meditativas forman parte de un libro destinado a ser una consulta imprescindible para quienes se interesan por la meditación y sus beneficios.

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