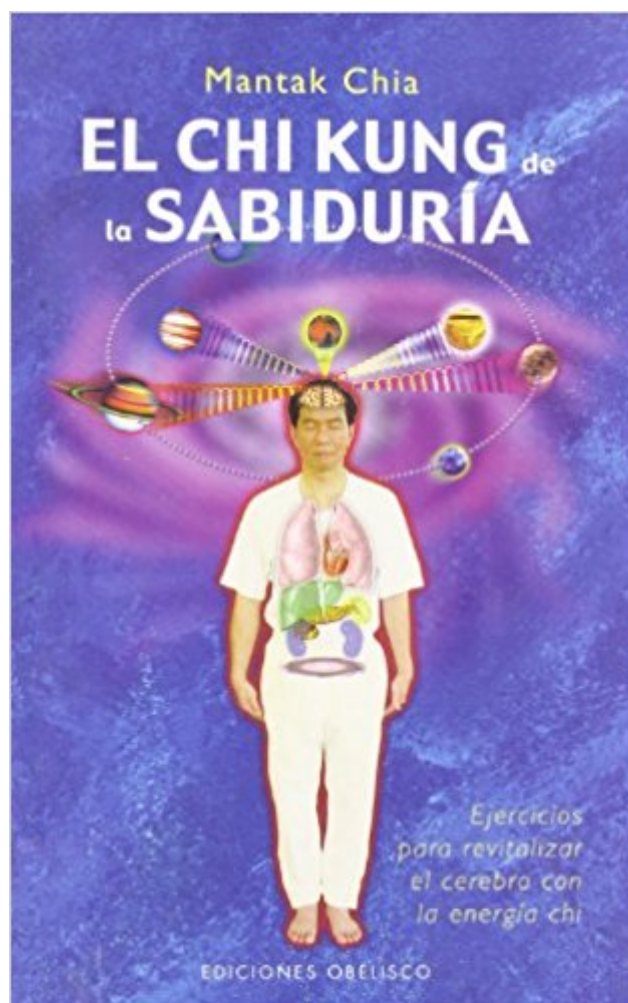


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El Chi Kung De La Sabiduría (Spanish Edition)



Synopsis

Este libro muestra como revitalizar el cerebro: reajustando su funcionamiento, mejorando la memoria y expandiendo su capacidad. A diario, nuestro cerebro consume tanta energia que nos queda muy poca al final de la jornada. Si nos excedemos pensando o preocupandonos por algo, el cerebro puede llegar a utilizar hasta el 80 % de las reservas energeticas de todo el cuerpo. Pero si aprendemos a detener el cerebro, a vaciar la mente de la incesante conversacion de la ""mente del mono"", y luego lo recargamos con energia chi, podremos incrementar nuestra capacidad, nuestra concentracion y nuestra claridad mental. / The Chi Kung of Wisdom teaches practitioners how to revitalise the brain, adjusting its functioning, improving the memory and expanding its capacity. Human beings use every day so much brain energy that at the end of the day there is a very small amount left. When we reflect too much or worry about something, the brain can use up to 80 percent of the body's energy reserve. Learning to stop using the brain, to empty the mind from the ceaseless chatter of the monkey mind and then recharge it with Chi energy, we can increase our mental capacity, concentration, and clarity.

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