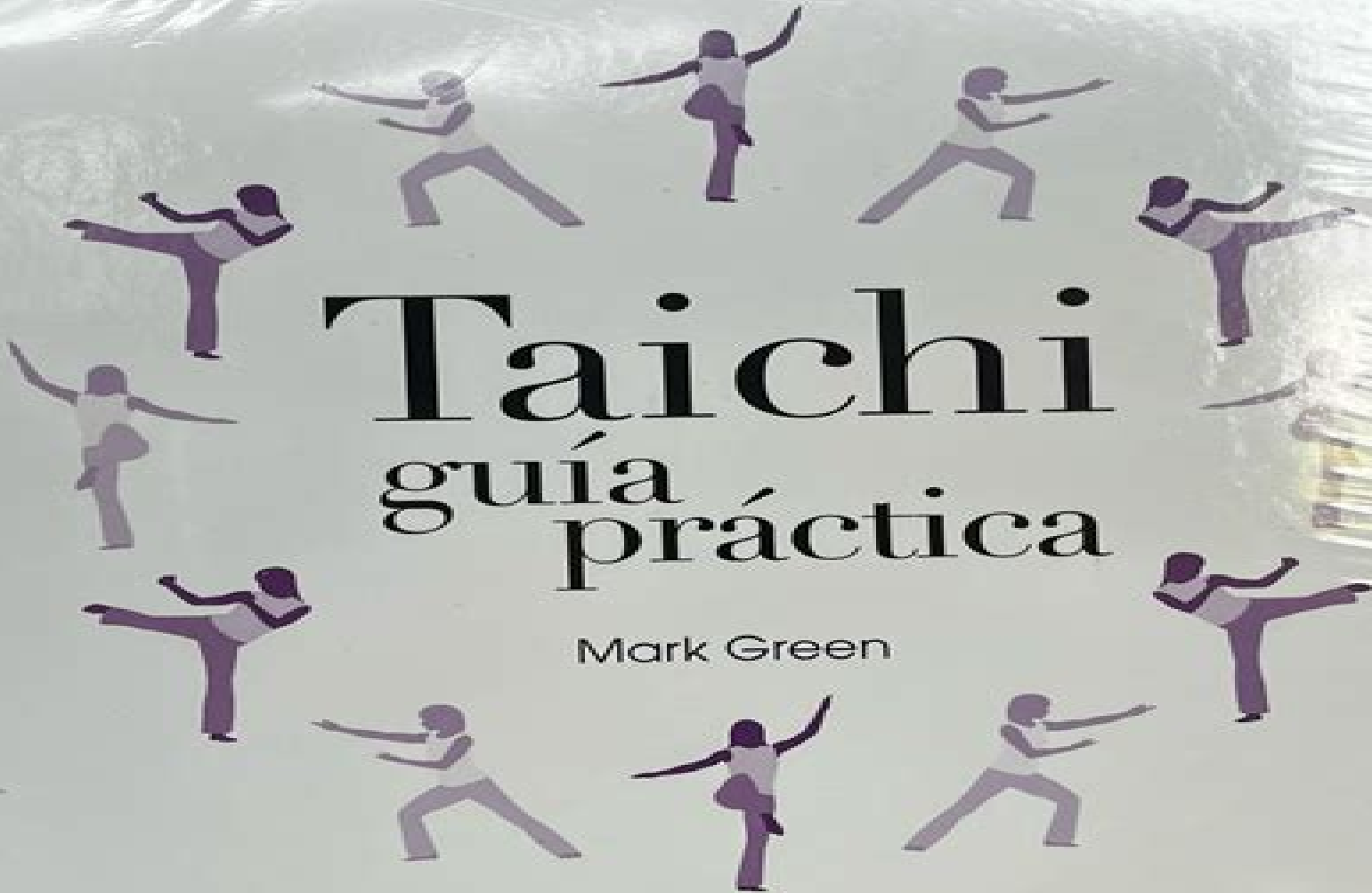




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Psico-Fitness Holístico Alain Tello Robledo, 2024-09-30 Libro 1 Psico Fitness Holístico Hoy en día vivimos en un mundo agitado lleno de incertidumbres y miedos El consumo de tranquilizantes en el primer mundo se ha disparado de manera inquietante estos últimos años Los factores de riesgo como el sobrepeso y el colesterol están afectando también a la población infantil en los países desarrollados La actual crisis económica mundial no ha hecho más que empeorar esta situación que afecta a toda la unidad familiar Muchos practican deporte en busca del bienestar Se relaciona el deporte con el cuidado de la salud lamentablemente muchos se ejercitan mal y los efectos secundarios de la mala praxis deportiva están al orden del día Alain Tello Robledo mediante su anti Método de entrenamiento aporta una solución integral para alcanzar nuestras metas más allá de lo esperado y de nuestro entorno La técnica del Método AtelTrainer es diferente por la sutileza e interiorismo de sus ejercicios y por ser una amalgama de la mayoría de disciplinas y filosofías occidentales y orientales *Libros españoles en venta, ISBN ,1995* **Libros españoles en venta ,1996** Tai chi Alan Peck, 2001-09-25 La práctica de este antiguo arte marcial chino caracterizado por sus lentos y elegantes movimientos se está haciendo cada vez más popular debido a la tranquila atmósfera y la sensación de quietud que emanan de él en contraste con las frenéticas prisas que conlleva la vida cotidiana Constituye una forma flexible y suave de autodefensa que fomenta el equilibrio la flexibilidad la armonía y la paz mental Difiere del concepto occidental de ejercicio en que el cuerpo trabaja relajado y sin ejercer ningún tipo de fuerza En esta completa guía de enfoque sencillo y con ilustraciones paso a paso adecuada tanto para principiantes como para estudiantes avanzados se exploran las raíces históricas y filosóficas de esta disciplina y se resumen los beneficios físicos mentales y espirituales que conlleva Bibliografía española ,2005 **Conversaciones en el Café Columbus 2ª edición** Javier Cortines, 2022-09-06 Esta es una crónica viva de Cartagena por cuyas páginas desfilarán personas y personajes como Antónico El Lotero Messi pregonando La Muerte y La Gallina en la Plaza San Juan XXIII el peluquero José Carlos García descansa en paz de quien se recoge una conversación que mantuvo con el enano más célebre de la ciudad y del mundo como se diría en Juego de Tronos y otros habitantes que por algún motivo dejaron huella indeleble en esta milenaria polis Junto a gente corriente nos toparemos con viajeros o cartageneros ilustres como Hans Christian Andersen autor de El Traje nuevo del Emperador la periodista Letizia Ortiz Rocasolano actual Reina de España Arturo Pérez Reverte quien escribió parte de su Capitán Alatriste en el Café Columbus José Ortega y Gasset o el maestro marteo Antonio Álvarez Alonso quien compuso aquí en 1902 el popular pasodoble Suspiros de España Todo eso adobado con las conversaciones sobre España y la ciudad que tuvo el autor con sus amigos del Café Columbus Cerramos el libro con el epílogo de Enrique Carrascosa Molina quien rememora a modo de homenaje a un sexteto de cartageneros inmortales entre los miles que hay a saber La Charito Antonio El Gramola El Abute El Son Falsos El Pichi y Alvarito Javier Cortines dotado de una imaginación abierta atrevida pujante rescata en Conversaciones en el Café Columbus a personas corrientes que bullen en excelentes páginas plenas de realismo y vigor como

las que el lector tiene frente a sus ojos Samaria Márquez Jaramillo Premio Nacional de Novela Colombia Javier Cortines autor de la magnífica trilogía sobre El Robot que amaba a Platón de nuevo viene a deleitarnos con Conversaciones en el Café Columbus donde convierte su cotidianidad cartagenera en arte literario Raimundo Cuesta historiador Premio Nacional a la Innovación Educativa **Libros de México** ,1990 **Libros de Mexico** ,1987 *Libros españoles* ,1979 **LEV** ,1998

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