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## Kárate mental

By Bernabé Tierno

Booket, 2014. soft. Book Condition: New. Se ha demostrado científicamente que las agresiones verbales, las malas noticias y el lenguaje negativo en general pueden ser tan nocivos para nuestro cuerpo como una puñalada. Y, sin embargo, miremos a nuestro alrededor: estamos rodeados de palabras y conceptos tóxicos que nos causan estrés y verdadero dolor físico. Kárate mental nos ofrece la llave maestra para hacer frente a las situaciones que nos desestabilizan. El «karateca mental» tiene que tomar la iniciativa para devolver el equilibrio a su vida y no ser vencido por las adversidades. Este manual para tiempos de crisis es el arte de la guerra para conflictos cotidianos. Bernabé Tierno se inspira en el arte marcial más célebre de Japón para ofrecer soluciones rápidas y directas a cualquier conflicto o carencia. Su revolucionario método de kárate mental nos muestra, entre otras muchas estrategias, el poder de la proactividad, el valor de la empatía radical, las claves para entrenar la resistencia frente a los problemas y cincuenta llaves mentales para salir airosos de cualquier golpe de la vida.



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