



El turista interior (Crecimiento personal) (Spanish Edition)

Ruth Berger

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De la exitosa autora de Alma de gato, que ya va por su tercera edición. -En un mundo en el que los vuelos low cost ponen a nuestro alcance cualquier distancia, esta guía propone viajar al territorio más inexplorado de todos: nuestro interior. -Un repaso exhaustivo a las principales técnicas de autoconocimiento y desarrollo personal. En una época como la actual, en la que tenemos acceso a prácticamente cualquier rincón del planeta, aún nos quedan vastos mares, tierras indómitas y misteriosas cuevas por explorar: el territorio interior. El turista interior nos ofrece por primera vez las cartas de navegación necesarias para emprender este apasionante viaje con destino desconocido: un exhaustivo manual que incluye los principales métodos para experimentar estados alterados de conciencia, es decir, cambios de percepción que permiten al ser humano trascender sus sentidos para asomarse directamente a las regiones más ocultas de la mente. Desde la autohipnosis, la autosugestión e incluso la proyección psíquica hasta el viaje chamánico, el sueño lúcido, los mantras o los cuencos tibetanos, Ruth Berger ofrece una completa descripción de la historia, las técnicas y el destino final de los métodos que, a lo largo de la historia, los turistas más intrépidos han empleado para internarse en el territorio más extraño e inaccesible: el interior de uno mismo.

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