



# Los nuevos Superhéroes: El arte de vivir en la jungla urbana (Spanish Edition)

*Ezequiel Starobinsky*

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Los superhéroes tienen un cuerpo sano y fuerte, una mente clara, altos valores humanos y vocación de servicio. Viven el momento presente con plenitud y disfrute, y tienen conciencia de la unidad con las demás personas y con el universo.

Este libro describe cómo la práctica de técnicas de respiración, yoga y meditación puede ayudar a que nuestro cuerpo libere toxinas y se llene de energía, la mente se calme y se enfoque, y estemos disponibles para actuar en lo que sea necesario, desde el amor genuino y no desde el deber ser.

Los nuevos superhéroes es una aventura para descubrir lo que verdaderamente somos. Y pasarla bien.

«Se trata de un sincero relato de transformación personal que resulta inspirador para todos aquellos que quieren dar un vuelco en su vida y necesitan un empujón para arrancar y un compañero de ruta para continuar. Es por eso que también tenés en tus manos una buena guía práctica». Soledad Simond, periodista, instructora de El Arte de Vivir, autora del libro «Yo respiro»

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