



# La música como medicina: 1 (Crecimiento personal) (Spanish Edition)

*Christine Stevens*

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Intuitivamente, todos conocemos el poder sanador de la música. La utilizamos para transformar nuestras emociones, levantar el ánimo, rendir más, tranquilizar a los niños... Las últimas investigaciones científicas corroboran nuestra intuición: la música reduce el estrés, previene la enfermedad y fortalece el sistema inmunológico. ¿Por qué no considerarla una opción eficaz, sencilla y científica de resolver nuestros problemas físicos, anímicos e incluso espirituales? Por primera vez, tenemos la oportunidad de beneficiarnos de los conocimientos de Christine Stevens, una de las terapeutas musicales más reconocidas del mundo, para mejorar nuestras vidas: ritmos para el cuerpo, melodías para el corazón, armonía para el alma y silencio para la mente. Todo ello avalado por apasionantes explicaciones, que abarcan desde la sabiduría ancestral hasta los últimos descubrimientos en materia de neurología, y acompañado de listas de canciones, con links y opciones de descarga, elegidas especialmente para mejorar nuestro bienestar a todos los niveles.

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