



Meditación para niños (Spanish Edition)

Luis López González

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¿Cómo conseguir que nuestros hijos se concentren? ¿De qué modo podemos combatir el estrés de los más pequeños? ¿Qué podemos hacer para que los niños sepan gestionar mejor sus emociones? Luis López nos propone un instrumento imprescindible: iniciar a los más pequeños en la práctica de la meditación y el mindfulness.

Dirigido tanto a padres como a psicólogos y educadores, el libro contiene ejercicios sencillos y divertidos para que el pequeño tome conciencia de su respiración, sus sensaciones, sus sentimientos y sus pensamientos, y descubra cómo construir un lugar de paz en su interior.

Los niños que practican habitualmente la meditación son menos impulsivos, ponen distancia entre sus pensamientos y sus emociones y conservan la calma ante situaciones estresantes. También desarrollan la empatía y la compasión hacia ellos mismos y hacia los demás, disfrutan de una mente más clara y mejoran su capacidad de concentración y la calidad de sus decisiones.

Meditación para niños nos enseña a guiar a nuestros hijos, desde los primeros años, en una apasionante aventura que les ayudará a encontrar la paz y la serenidad en todas las facetas de su vida.

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