



Gimnasia social. La práctica (EASP) (Spanish Edition)

José Luis Bimbela Pedrola

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Este no es un libro de magia, sino de gimnasia. No es suficiente, por tanto, con que lo leamos (aunque lo hagamos de forma apasionada y lúcida). Es absolutamente imprescindible que durante su lectura y, desde luego, después de la misma, vayamos poniendo en práctica una y otra vez, entrenándolos, los 6 ejercicios (y el calentamiento) propuestos. Esta es la única manera seria y honesta que conocemos para ir cambiando progresivamente los propios comportamientos haciéndolos cada vez más y más fluidos; y para comunicarnos de otra manera con el mundo que nos rodea.



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