



# APODERATE DE TU CUERPO (Spanish Edition)

*LEA KAUFMAN*

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¿Eres feliz en tu cuerpo? ¿Te mueves en el mundo con plenitud? ¿Te gustaría hacer uso más eficiente de todo tu ser? Este libro explora la pérdida de autoridad sobre nuestro cuerpo a causa del intervencionismo que ejercen la familia y la sociedad desde que somos niños, y ofrece un programa de cuatro semanas para apoderarte de tu cuerpo. En este libro encuentras cuatro claves que te permiten armonizar el cuerpo y mente, entender los vínculos entre las diferentes partes de nuestro sistema, generar creatividad en nuestros movimientos, y estar entero y presente en todo lo que haces. Así reclamas tu autoridad interna no solo en cómo te mueves, sino en cómo actúas en el mundo. Lea Kaufman es ingeniera de sistemas, actriz, bailarina y educadora somática. A través de sus talleres presenciales y en línea, así como de videoclases y entrevistas en su canal de YouTube, MovimientoInteligenteTV, se ha convertido en la exponente más conocida de Método Feldenkrais en el mundo de habla hispana. Este libro combina el conocimiento que ha desarrollado a lo largo de más de diez años de práctica de este método, la teoría de sistemas y los descubrimientos más recientes sobre el cerebro a fin de ofrecer una guía efectiva y amorosa para la transformación personal a través del cuerpo en movimiento.

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