



BUCEANDO EN MI INTERIOR

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Marta Arteaga



Buceando En Mi Interior:

La tribu de los buceadores Xavi Pont Martín, 2022-02-06 HAS DEJADO DE CREER EN LAS FÓRMULAS MILAGROSAS DE LOS GURUS DE LA AUTOAYUDA A lo largo de nuestra vida escuchamos demasiado a menudo a presuntos sabios que se expresan en videos de YouTube o en libros de autoayuda también asistimos a cursos o leemos citas maravillosas pero aun así nuestra vida sigue igual y parece que nada cambie Por qué no acaban de funcionar las fórmulas de estas escuelas y gurús Por qué fracasamos una y otra vez La tribu de los buceadores pone luz a esta situación a través de un delicioso viaje por las diversas tribus y profetas extrayendo sus tesoros poniendo en evidencia sus miserias y ofreciendo un camino alternativo de mayor calado y profundidad el autoconocimiento En La tribu de los buceadores no se ofrecen recetas fáciles ni platos precocinados El libro es el viaje de su autor Xavi Pont durante treinta años por el océano del autoconocimiento un buceador que cargó con las bombonas y el traje de neopreno decidido a emprender su viaje hacia dentro y no hacia fuera Refleja las dificultades de quien se pone por primera vez a meditar el miedo a afrontar los traumas y patrones que impiden avanzar la frustración de quien ha asistido a docenas de eventos de autoayuda sin disipar la sensación de encontrarse una y otra vez en la misma orilla Aquí no hay recetas que sirvan a todo el mundo nada de todo puedes o es positivo y cambiar tu vida Aquí cada uno debe labrar su propio camino y hallar con el tiempo sus propias recetas Si estás feliz afuera con el viento y las olas que date ah y disfruta Si buscas un cambio real efectivo símate a la tribu de los que no tienen miedo de bucear en sus océanos más íntimos

No puse nombre a mi primer amor Pedro Díaz Cepero, 2018-11-27 Retrato sociológico y humano de las generaciones que vivieron los duros años de la postguerra española Lleno de personajes situaciones y anecdóticas propuestas como excusa para hacernos recalar en un mismo puerto el de las emociones y sentimientos que en la infancia y adolescencia son tan comunes a cualquier generación de cualquier país El lector se ve implicado en un mundo que forma parte de la historia menuda la de los ciudadanos transeúntes que nunca aparece en los libros de cantos dorados de la Historia pero son siempre los primeros llamados a filas Texto de gran carga poética ambición literaria y sensibilidad Apunta reflexiones a modo de ensayo plantea preguntas se identifica reivindicando una narrativa más comprometida socialmente Es de esos libros que te absorben desde la primera página y no quieres que se acaben aunque puedan dejar una herida abierta en tu propia visión de la realidad

A fe mía José Antonio López Egaña, 2021-04-06 Corré a abril de 2017 cuando tras una charla informal del secretario de Ahalbidetu Javier Vitoria creí llegado el momento de disipar la brumosa niebla que envolvía mis convicciones para dejarlas al descubierto La tarea tenía su complejidad porque no es sencillo hacerlo sin un profundo diálogo con las problemáticas y circunstancias en las que se desenvuelve la vida ordinaria Durante unos meses fui identificando áreas temáticas que debía desbrozar limpiar de matorrales para clarificar las ideas Reunidas las piezas del puzzle debía ordenarlas clasificarlas y colocarlas en el orden debido Una vez acomodado el conjunto de cuestiones sobre las que interrogarme me pareció que la forma idónea de hacerlo era proyectándolo a través de un viaje comprometido por todas y cada una de ellas No

se puede viajar de cualquier manera Son muy importantes la orientación las provisiones y el avituallamiento Saber orientarse requiere de una referencia sólida que no solamente marque el norte sino que proporcione criterios para avanzar en el recorrido sean cuales sean las circunstancias Esa era una tarea delicada que implicaba buscar en mi interior la luz la fuerza y las indicaciones para ir consolidando el recorrido Esa brújula y GPS los fui encontrando buceando en mi interior hasta dar con La conciencia ese yo personal *Historia de un pornstar* Fernando Peña Charlón, Pedro Vicente Esquerdo Lope de

Castro, 2011-04-15 **Narradoras ecuatorianas de hoy** Gloria da Cunha-Giabbai, 2000 The aim of this collection is to provide space for the broad spectrum of transdisciplinary writings on Latin American women which could then be developed into a variety of proposals for studies on this genre in the Americas This anthology features a selection of contemporary Ecuadorian women writers An attempt is made to highlight difference in approaches richness of subject matter range of interests multiplicity of influences and styles as well as diversity in world perspectives *Dentro de mi imaginación (Inside My Imagination)* Marta Arteaga, 2013-09-04 Todos tenemos una puerta con la que podemos acceder a nuestra imaginación Te atreves a participar en el más maravilloso viaje a tu interior This story for children and adults alike invites us to open the doors of our imagination and to discover the way it works What lies there Lexile Level 700L Los mundos de Gamma Giovanni Allegro, 2025-01-14 En un remoto tiempo en el mundo conocido como Marte Asia lloraba como un ser mortal pero diferente Cuando la arrancaron de su hogar vislumbra el extraño y cruel sendero por el que desfilar a su ser Los giros quizás no habrán tomado lugar sin la presencia de Asia Aquellos que verdaderamente la amaron que respiraron su gracia dejaron también su marca en el lienzo del futuro el Todopoderoso Raa la enigmática Yimpia el ausente Zamán la inalcanzable tica Amanuel el intrépido isleño Eminalma también Querques Asia renunció a su tiempo a todo lo que conocía persiguiendo la llamada de la intuición Al acercarse al agujero el tiempo se dobla en sí mismo proyecta cuatro mil millones de años en el futuro El paso de los giros había transformado todo a su alrededor los mundos cambiaron los ojos también Fueron las almas las que la guiaron hasta Hoa ellas dieron forma a Eva anhelando que fuera quien es en realidad Advertencia del autor este libro tiene contenido sensible erótico con escenas explícitas de sexo también entre parientes Pensado para personas que conocen las costumbres e ideas de las realezas en antiguas civilizaciones No recomendado para menores de dieciocho años

Subidón Joaquín Reyes, 2021-10-15 El debut literario de Joaquín Reyes Una novela frenética desternillante con un final deslumbrante sobre la vanidad y la hipocresía en el mundo de la farándula y sobre nuestras dudas más íntimas Tras un gran escritor siempre hay un gran lector Y Joaquín Reyes lo ha hecho todo Su pasión por la literatura rusa más sesuda es la prueba de que el humor es en realidad una cosa muy seria Una novela que replica la idea de su título ambientada en una típica semana de la vida de su protagonista un humorista en su peor y mejor momento describe los siete días que podrá acabar con su vida empieza con la risa y la miseria para subir y subir y subir hasta estallar en una apoteosis de carcajadas y lloros

El Jardín de las Esencias Nayum al-Masir, 2018-04-18 Él dice que para que nuestros corazones se fundan y se conviertan en

uno deben primero quemarse en el Fuego Sagrado Entre las páginas de esta Oda al Amor real y sincero al Sagrado Femenino y a la imperante necesidad de volver a reconectarnos con nuestra Madre Tierra y el respeto por la libertad de todo Ser sintiente sin duda hallarás ese Fuego que arde que sana que excita y transforma a todos los que sin miedo nos introducimos en El Jardín de las Esencias Una lectura que no te dejará indiferente mientras avanzas de la mano de Nayum al Masir uno de esos poetas enamorados de la Vida que ha elegido vivir con pasión Rous Baltrons **Los mitos caídos de nuestra infancia** Iván Albarracín y Manuel Gris, 2018-12-10 Alguna vez te has preguntado qué fue de los protagonistas de las series de dibujos animados que te hicieron soñar cuando eras solo un niño Te gustará saber cómo han evolucionado sus vidas en todos estos años Un grupo de aguerridos intrépidos y por qué no decirlo estrambóticos periodistas indagarán en la mugre que acompaña a la fama para ofrecerte respuestas Pero cuidado es posible que jamás hubieras querido conocer la verdad porque a veces querido lector la ignorancia es la felicidad

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