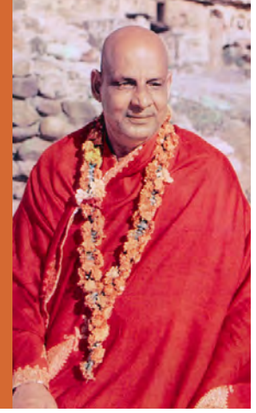
dzrl+¢t¢z

Ty~{t}lntzyp~+{}²n tnl~+op+dzrl+^t¢lylyol



Nzynpy }lntÂy

Wl+nzynpy }lntÂy+p~+wz+{}t x p}z+¥+{}tynt{lw+|¡p+ pw+^loslvl+z+l~{t}ly p+opmp+lo|¡t}t}+py+pw+ ~pyop}z+p~{t}t ¡lw9

^t+nzynpy }l~+wz~+}l¥z~+opw+~zw+{z}+x potz+op+ ¡yl+wpy p7+|¡p x l}²~+¡y+{pol¦z+op+{l{pw9+Wz~+x t~x x z~+ }l¥z~+ot~{p}~z~+yz+{¡popy+slnp}wz9+Op+tr¡lw+x zoz7+~t+ }p¡yp~+wz~+}l¥z~+ot~{p}~z~+op+ ¡+x py p+¥+wz~+pyqznl~+ slntl+¡y+{¡y z7+ pyo}²~+¡yl+x l}l¢twwz~l+nzynpy }lntÂy9+ Wl+x py p+nzynpy }lol+ p+~p}¢t}²+nz x z+¡y+{z py p+ql}z+ {l}l+op~n¡m}t}+wz~+ p~z}z~+opw+lw x l+¥+{l}l+lwnly¦l}+wl+ ~¡{}p x l+}t|¡p¦l+opw+L x ly+3pw+^p}47+otnsl+p p}yl7+ty8 x z} lwtolo+¥+lwpr}½l+t x {p}pnpop}l9

Pw+¢p}olop}z+]lul+¥zrl+p x {tp¦l+py+wl+nzynpy }lntÂy+ ¥+1~ l+~p+q¡yop+py+wl+x pot lntÂy9+Wl+nzynpy }lntÂy+p~+ ¡yl+ql~p+op+wl+x pot lntÂy9

¿QUÉ ES LA CONCENTRACIÓN?

Wl+nzynpy }lntÂy+z+Osl}lyl+nzy~t~ p+py+npy }l}+wl+ x py p+py+¡y+Çytnz+{py~l x tpy z9+O¡}ly p+wl+nzynpy }l8 ntÂy+~p+op~¢lypnp+wl+lrt lntÂy+op+wl+x py p9+Wz~+~py toz~+ ~p+l{lntr¡ly7+¥+yz+p¤t~ p+nzyntpyntl+opw+n¡p}{z+yt+op+ n¡ly z+wp+}zopl+l+¡yz9

_zoz+pw+x¡yoz+{z~pp+¡yl+ntp} l+slmtwtolo+{l}l+nzy8 npy }l}~p7+{p}z+{l}l+wl+p¢zw¡ntÂy+{p}~zylw7+1~ l+opmp+ op~l}}zwwl}~p+sl~ l+¡y+r}loz+x ¡¥+pwp¢loz9+Otq½ntw x py p+ {¡pop~+p¤{p}t x py l}+p x zntÂy7+1¤ l~t~+yt+pwp¢lntÂy+ n¡lyoz+wl+x py p+~p+wwpyl+op+topl~+x ¡yolyl~9+Sl¥+|¡p+ nl x mtl}wl~+{z}+{py~l x tpy z~+~¡mwt x p~+¥+p~{t}t ¡lwp~9+

EJERCICIOS PARA CENTRARSE

P~+q²ntw+nzynpy }l}+wl+x py p+py+zmup z~+p¤ p}yz~7+{¡p~+ pyp x z~+¡yl+ pyopyntl+yl ¡}lw+sl ntl+pw+p¤ p}tz}9+Py+wl~+ p l{l~+tytntlwp~+op+wl+{}²n tnl+{¡pop~+slnp}+wz~+~tr¡tpy8 p~+pup}ntntz~+x py lwp~7+nzy+wz~+zuz~+np}}loz~7+~py loz+ nzyqz} lmwp x py p+¥+nzy+wl~+{tp}yl~+n}¡¦lol~£

Nzyn1y }l p+py+¡yl+~zwl+ýz}+opw+ul}o½y9+Zm~p}¢l+~¡+ p¤ ¡}l7+zwz}+¥+ zylwtolo9

P~n¡nsl+¡y+r}¡{z+op+~zytoz~7+~pwpnntzyl+pw+{}poz x t8 yly p+¥+w¡prz+pw+x²~+o1mtw9

at~¡lwt¦l+¡yl+yl}lyulE+lylwt¦l+~¡+nzwz}7+qz} x l+¥+}¡rz8 ~tolo9+Ot~q}¡ l+op+~¡+~lmz}+¥+zwz}9

Py+¡yl+~pr¡yol+ql~p+{tpy~l+py+¡yl+n¡lwtolo+nz x z+pw+ l x z}7+wl+x t~p}tnz}otl+z+wl+{lntpyntl7+py+nÂ x z+1~ l~+{¡p8 op+x lytqp~ l}~p+py+ ¡+¢tol9+Ww1yl p+op+p~l+{p}np{ntÂy+ r}lo¡lw x py p+{l}l+ zoz+pw+o½l9

Xl~+lopwly p+nzwznl+ ¡+t x lrpy+op+x pot lntÂy+ql¢z}t8 l+q}py p+l+ t9+Zm~1}¢lwl+nzy+x t}lol+ü}x p9+Ntp}}l+w¡prz+ wz~+zuz~+¥+¢t~¡lw½¦lwl+py+pw+npy }z+op+ ¡+nz}l¦Ây+3lylsl l+ nslv}l4+z+py+pw+py }pnpuz+3lryl+nslv}l49+N¡lyoz+wl+ t x lrpy+~p+op~ür¡}p+py+ ¡+¢t~tÂy+x py lw7+lm}p+wz~+zuz~+ ¥+x ½}lwl+op+y¡p¢z9+Nt1}}lwz~+¡yz~+x ty¡ z~+op~{¡1~+¥+ }p{t p+pw+{}znp~z9

Lw+{}tynt{tz+~p+opmp+py }pyl}+wl+x py p+nzy+zmup z~+ nz x ¡yp~9+X²~+ l}op7+{zo}²~+nzynpy }l}wl+nzy+1¤t z+py+ zmup z~+~¡ twp~+¥+py+topl~+lm~ }ln l~9+_py+{lntpyntl9

^t+{}ln tnl~+[}lyl¥l x l+3ap}+ *l£zt3]£©¦¢t* 3yŸ+<=4+op~l8 }}zwwl}²~+x puz}+wl+nzynpy }lntÂy9+Pw+nzy }zw+yl ¡}lw+op+ wl+}p~{t}lntÂy+~p+{}zo¡np+~t x ¡w ²ypl x py p+u¡y z+nzy+wl+ {}²n tnl+op+wl+nzynpy }lntÂy9+

++

TRATAK

P~+¡yz+op+wz~+x puz}p~+pup}ntntz~+op+{¡}tünlntÂy+ 3v}t¥l~47+x puz}l+wl+nzynpy }lntÂy+¥+pw+~py toz+op+wl+¢t~ l9

Sx}~| mmsyxo}*zk|k*vk*z|±m~smk0

^t1y l p+py+¡yl+{z~ ¡}l+nzyqz} lmwp+op+x pot lntÂy7+nzy+ wl~+{tp}yl~+n}¡¦lol~9+Py+¡yl+slmt lntÂy+py+{py¡xm}l+ ¥+~ty+nz}}tpy p~+nzwznl+¡yl+¢pwl+|¡p+ pyrl+¡yl+wwl x l+ p~ lmwp7+l+wl+lw ¡}l+op+wz~+zuz~9+]p~{t}l+nzy~ntpy p x py p+

Xyw»¡¤{¤4¥u§u4¡u4¢y~¤§u4 xy4¡u4w¤£wy£©§uw}Ë£

1.- Mrofª`^ mof j bol qr j bkqb ^ qo^sčp ab rk^ `lkar`q^ ob`q^+
2.- Pč do^ar^i v ªo j b bk qr moć`qf`^+
3.- Bsfq^ `r^inrfbo qbkpfËk bk bi `rboml v bk i^ j bkqb+
4.- Obar`b ilp bu`bplp cdpf`lp v j bkq^ibp ^i e^_i^oj `l j bo l alo j fo+
5.- L_pbos^ bi i^al mlpfqfsl ab qr sfa^+
6.- Obar`b qr `^kqfa^a ab mbkp^ j fbkqlp+
7.- Kl abqbp kfkdĜk qo^_^gl ^ j baf^p) kl p^nrbp `lk`irpflkbp mob`fmfq^a^ j bkqb) kl e^d^p i^p `lp^p pfk loabk+
8.- @fboo^ ilp lglp v obpmfo^ `lkp`fbkqb j bkqb pfb j mob nrb mrba^p+
9.- Mfbkp^ bk rk l_gbql ab `lk`bkqo^`fËk ab clo j ^ `Ë j la^ v `lkqfkr^a^+ Kl mbo j fq^p nrb i^ j bkqb s^d^_rkabb+
10.- Mo^`qf`^ qo^q^h moldobpfs^ j bkqb+

o¡}ly p+¡yz~+x ty¡ z~9+at~¡lwt¦l+wl+wwl x l+o¡}ly p+¡y+ x ty¡ z+~ty+{l}{lopl}9+Opul+|¡p+wl~+w²r}t x l~+~p+{}z8 o¡¦nly+op+qz} x l+yl ¡}lw9+Yz+q¡p}np~+wl+¢t~ l+py+p¤np~z9+ Ntp}}l+wz~+zuz~+¥+¢t~¡lwt¦l+wl+wwl x l+py+pw+p~{lntz+~t ¡loz+ py }p+wl~+npul~+o¡}ly p+pw+x t~x z+ tp x {z+op+wl+¢t~¡lwt¦l8 ntÂy9+Nz x tpy¦l+nzy+¡y+x ty¡ z+op+nzynpy }lntÂy+¥+¢p+ l¡x py lyoz+r}lo¡lw x py p9++

+

UN PROCESO MENTAL Y NO UN EJERCICIO MUSCULAR

Wl+nzynpy }lntÂy+~Âwz+{¡pop+nzy~pr¡t}~p+n¡lyoz+¡yz+ p~ ²+wtm}p+op+ zol+ot~ }lnntÂy9+Pw+Ul{l7+}p{p tntÂy+opw+ Xly }l+¥+pw+[}lyl¥l x l7+l|¡tp l}²y+ ¡+x py p+¥+pwt x tyl8 }²y+~¡+lrt lntÂy9

N¡lyoz+ p+~tpy p~+l+x pot l}7+y¡ynl+{tpy~p~+py+ ¡+ }lmluz9+N¡lyoz+p~ 1~+py+ ¡+ }lmluz7+y¡ynl+{tpy~p~+py+ ¡+ stuz+pyqp} x z+yt+py+ytyrÇy+z }z+opmp}+ql x twtl}9+N¡ly z+ p+mlÁp~7+yz+{tpy~p~+py+u¡rl}9+N¡lyoz+ p+~tpy p~+l+nz8 x p}7+yz+{tpy~p~+py+pw+ }lmluz+{pyotpy p9+Opmp~+py }p8 yl} p+py+l pyop}+lw+ }lmluz+|¡p+ pyrl~+py }p+x lyz~+nzy+ lm~zw¡ l+l pyntÂy9

Pw+[}lyl¥l x l7+wl+}po¡nntÂy+op+ ¡~+op~pz~+¥+ln t¢tol8 op~7+wl+}py¡yntl+l+wz~+zmup z~7+wl+~zwpolo7+pw+~twpyntz7+wl+ ot~nt{wtyl+op+wz~+~py toz~+¥++pw+nzy }zw+op+wl+t}l7+nzy~zwt8 oly+ ¡+{zop}+op+nzynpy }lntÂy9

_}l l+op+p~ l}+~tp x {}p+lwpr}p+¥+{lnlünz9+ `y+x p}z+ qp}¢z}+p x zntzylw+¥+x z x py ²ypz+{z}+~t x {wp+n¡}tz~tolo7+ z+{l}l+zm pyp}+{zop}p~+{~½|¡tnz~7+yz+{¡pop+{}zo¡nt}+ ytyrÇy+}p~¡w loz+ lyrtmwp9

+

LLAVE MAESTRA HACIA EL ÉXITO

\¡tpyp~+{}ln tnly+wl+nzynpy }lntÂy+p¢zw¡ntzyly+}²{t8 ol x py p+¥+{¡popy+}plwt¦l}+ }lmluz~+nzy+¡yl+~pr¡}tolo+ ntpy ½ünl+¥+¡yl+r}ly+püntpyntl9+Wl+nzynpy }lntÂy+{¡}t8 ünl+¥+nlw x l+wl~+p x zntzyp~+|¡p+~¡}rpy+py+wl+x py p7+qz}8 lwpnp+wl+nz}}tpy p+opw+{py~l x tpy z+¥+nwl}tünl+wl~+topl~9

_l x mt1y+l¥¡ol+l+¡yl+{p}~zyl+py+~¡+{}zr}p~z+x l p8 }tlw9+\¡tpy+wl+{}ln tnl7+{z~pp+¡yl+¢t~tÂy+x py lw+x ¡¥+ nwl}l9+Wz+|¡p+{l}pn½l+ ¡}mtz+¥+z~n¡}z7+~p+¢¡pw¢p+nwl}z+¥+ opüytoz9+Wz+|¡p+p}l+otq½ntw7+~p+¢¡pw¢p+q²ntw9+

Wl+nzynpy }lntÂy+op~l}}zwwl+wl+q¡p}¦l+op+¢zw¡y lo+¥+ wl+x p x z}tl7+lr¡ot¦l+p+tw¡x tyl+pw+ty pwpn z7+{}z{z}ntzyl+ ~p}pytolo+¥+nlw x l+x py lw9+_l x mt1y+qz} lwp¦l+ty p}yl7+ {lntpyntl7+lwpr}½l7+otnsl+opw+lw x l+¥+{l¦+~¡{}p x l9+Pwt x t8 yl+wl+ty|¡tp ¡o7+wl+lrt lntÂy+op+wl+x py p+¥+wl+{p}p¦l9+_p+ slnp+ty }1{toz+¥+op~l{prloz9+Ylol+p~+tx {z~tmwp+{l}l+wl+ {p}~zyl+|¡p+{}ln tnl+}pr¡wl}x py p+wl+nzynpy }lntÂy9

WĄ]*SXPY \WKMS ć XD*
Mox~|y*Sx~o|xkmsyxky*no*
cyqk*]s¡kxkxnk*`onkx~k8*
^8*C;*=@;*?;*?:8*¢ ¢ ¢8}s¡kxkxnk8o}