

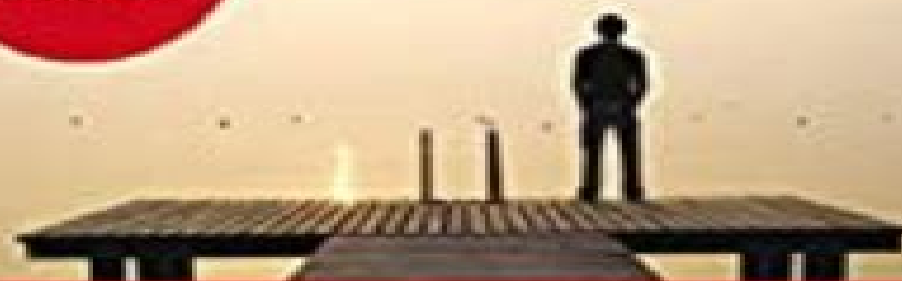
Con rumbo propio

Disfruta de la vida
sin estrés

Andrés Martín Asuero



18^a
edición



Basado en el programa de Mindfulness
de la Universidad de Massachusetts
para reducir el estrés.

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