



Salud y Felicidad (Spanish Edition)

Elena G de White

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Hay muchas cosas que contribuyen a una buena salud -- actitud positiva, aire fresco, dieta y relaciones positivas con otros, por mencionar algunas. En este libro se presentan las fuentes de la sanidad verdadera (cuerpo, mente y alma). Escrito en un lenguaje simple y hermoso. Este libro inspirador le ayudará a mantener o a recobrar la salud.

Cap 18: La Cura Mental

"Muy íntima es la relación entre la mente y el cuerpo. Cuando una está afectada, el otro simpatiza con ella. La condición de la mente influye en la salud mucho más de lo que generalmente se cree. Muchas enfermedades son el resultado de la depresión mental. Las penas, la ansiedad, el descontento, remordimiento, sentimiento de culpabilidad y desconfianza, menoscaban las fuerzas vitales, y llevan al decaimiento y a la muerte.

Algunas veces la imaginación produce la enfermedad, y es frecuente que la agrave. Muchos hay que llevan vida de inválidos cuando podrían estar buenos si pensarán que lo están. Muchos se imaginan que la menor exposición del cuerpo les causará alguna enfermedad, y efectivamente el mal sobreviene porque se le espera. Muchos mueren de enfermedades cuya causa es puramente imaginaria.

El valor, la esperanza, la fe, la simpatía y el amor fomentan la salud y alargan la vida. Un espíritu satisfecho y alegre es como salud para el cuerpo y fuerza para el alma. "El corazón alegre es una buena medicina."

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