



Coaching, Ciencia y Salud (Accion Empresarial)



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Francisco J Junquera

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Changing the way we look at the world, our beliefs, and perceptions of reality is possible, but, are we aware of how it affects our body and our health? Coaching, Science and Health helps us to understand the processes in the mind, the energy fields of the human body and how we can influence our biology, better understand our vitality and alleviating our pains and afflictions utilizing a process known as the Observer Effect . This is brought to light through a chain of 20 letters with Dr. Sigmund Freud and Francisco J. Junquera and helps to understand the recent discoveries of neuroscience and new ways to understand the theories of different scientists, doctors, professors and health professionals that open new pathways to understand the causes of sicknesses, cures and health. In summary, Coaching, Science and Health is a book that demonstrates that we are not slaves to our genetics and that we can change our biology day to day, through thoughts, beliefs, emotions and nutrition. It is indispensable to those of us who want to take control of our health and well-being."

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215 pages

About the Author

Francisco J. Junquera is a PCC coach with the International Coach Federation (ICF) with over 2,000 hours of experience. He also works as a teacher and supervisor with the European School of Coaching. He has a degree in Organic Chemistry from UCM, and he has expanded his experience in clinical analysis and has collaborated with the CSIC, where he has published research on medical chemistry. Previously, he had completed his Master s in Psychoanalysis. He has over 20 years experience in pharmacology and clinical diagnosis with multinational companies such as Bayer and Johnson & Johnson, where he excelled in various corporate functions."

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