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Thich Nhat Hanh

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ESTÁS AQUÍ:La magia del momento presente (Spanish Edition) Thich Nhat Hanh
Thich Nhat Hanh, uno de los maestros zen más conocidos, muestra que la atención plena y la intuición pueden despertarnos del estado de letargo, curar nuestras heridas emocionales, mejorar la relación que mantenemos con los demás, conectarnos amorosamente con el universo en que vivimos y ayudarnos, en suma, a romper las cadenas que nos mantienen atados a la rueda del nacimiento y la muerte. Esta exquisita obra es también un claro ejemplo de meditación guiada, en la que el maestro dirige, en tiempo real, los pasos que su discípulo va dando por el camino de la sabiduría. Es por eso un libro no sólo para leer, sino también para escuchar. Un texto, en definitiva, que nos redescubre la magia del momento presente.

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