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Silencio (Crecimiento personal) (Spanish Edition)

Thich Nhat Hanh

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Silencio (Crecimiento personal) (Spanish Edition) Thich Nhat Hanh
«Aprenderemos a prestar atención, a escuchar activamente y a acallar la mente. El silencio, afirma Thich Nhat Hanh, es la base de la alegría y la satisfacción.» Shambhala Sun
«El nuevo título de Hanh es una elegante contribución a la literatura budista contemporánea y uno de los mejores trabajos del autor.» Library Journal
La práctica del mindfulness ha sido ensalzada por la medicina y la psicología como una eficaz herramienta para aumentar la autoconciencia y disfrutar de salud y bienestar. Ahora, el maestro zen Thich Nhat Hanh nos guía en el ejercicio del mindfulness mediante un recurso tan accesible como poderoso: el silencio.
Vivir en un estado de paz y plenitud no requiere largas horas de meditación. El líder espiritual Thich Nhat Hanh nos muestra cómo un gesto tan sencillo como el silencio puede devenir una poderosa herramienta de conocimiento y armonía.
Como una radio que nunca se apaga, nuestro pensamiento siempre está ahí, reviviendo acontecimientos del pasado o proyectando ansiedad y temor hacia el futuro. Pero la mente se puede acallar. Y, cuando lo hace, empezamos a escuchar nuestra propia voz interior.
Mediante técnicas basadas en el mindfulness y la respiración, Thich Nhat Hanh nos enseña a cultivar la quietud en el devenir del día a día. Porque solo en silencio descubriremos quiénes somos y cuál es nuestro propósito en la vida, que son las dos claves de la paz y la felicidad.

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