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## Las semillas del amor

By Braza, Jerry

Urano, 2013. soft. Book Condition: New. Encuadernación: Rústica Colección: Crecimiento personal Las tradiciones espirituales, la psicología e incluso la más moderna neurología coinciden: si queremos sentirnos bien con los demás y con nosotros mismos, si queremos dejar atrás situaciones que nos agobian y desarrollarnos al máximo, si queremos sentirnos, en definitivas cuentas, más serenos y felices, solo hay un camino: cultivar la presencia o mindfulness. Jerry Braza, maestro de zen conocido en todo el mundo por su impecable manual de meditación Moment by moment, utiliza la metáfora del jardín para mostrarnos qué debemos cultivar exactamente en nuestra conciencia y cómo hacerlo para desarrollar la presencia en cada faceta de nuestra vida. Apropiado para diversos grados de autoconocimiento, Las semillas del amor es un libro delicioso para leer y releer, que transmite verdad y sabiduría en cada una de sus páginas. Una obra de cabecera que, como esos maestros que pronuncian la palabra justa en cada momento, irá mostrando a los lectores el camino hacia la paz y la alegría.



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