



Bailando Con La Vida: Intuiciones Budistas Para Hallar Sentido y Alegria Frente Al Sufrimiento (Paperback)

By Phillip Moffitt

Editorial Kairós, United States, 2010. Paperback. Book Condition: New. 198 x 132 mm. Language: Spanish Brand New Book. Seeking to answer the questions Why do we suffer? and Is there a purpose to pain? this examination offers 12 insights drawn from the Buddha s Four Noble Truths and argues that applying these insights will strengthen an individual s ability to confront life s difficulties without anxiety or stress and enhance moments of happiness. This practical handbook will appeal to anyone seeking a more authentic and fulfilling life. Buscando una contestacion a las preguntas Por que sufrimos? y Tiene el dolor algun proposito? este examen ofrece las 12 intuiciones sacadas de las Cuatro Nobles Verdades del Buda y argumenta que estas ayudaran al individuo a afrontar las dificultades de la vida sin ansiedad ni estres y a aumentar los momentos de alegria. Esta guia practica atraera a quien busque una vida mas autentica y satisfactoria.



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