



Domar al tigre interior (Spanish Edition)

Thich Nhat Hanh

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El admirado maestro espiritual Thich Nhat Hanh nos proporciona en estas páginas una guía para liberarnos de las emociones que son causa de nuestro mayor sufrimiento.

Erudito de gran prestigio internacional, activista por la paz y maestro budista venerado por gentes de todas las creencias, Thich Nhat Hanh ha inspirado a millones de personas en todo el mundo con su profundo conocimiento del corazón y la mente humanos. En esta ocasión, aborda con su profunda sabiduría espiritual las emociones humanas básicas con las que todos nos enfrentamos cada día.

Destilación de algunas de sus célebres obras, Domar al tigre interior constituye un manual de meditaciones, analogías y reflexiones que ofrecen técnicas con sentido práctico para apagar la ira, transformar el miedo y cultivar el amor en todos los escenarios de la vida. En definitiva, una guía sabia y exquisita para llevar la armonía y la sanación a nuestras vidas y a las relaciones con los demás

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