

Descargar libros Aplacar el miedo gratis (PDF | ePub | Mobi) Thích Nhất Hạnh DG Media



En este libro, el maestro zen Thich Nhat Hanh explica cómo crear un entorno seguro a nivel personal y colectivo en una era de terror. Con su lenguaje sencillo, nos ofrece unas enseñanzas fundamentales para conseguir erradicar el terrorismo mediante la práctica de una auténtica compasión y una profunda comunicación con los demás.

Un libro valioso para cualquiera que se haya sentido poseído por la ira y la venganza, así como para aquellos preocupados por la oleada de terrorismo que está teniendo lugar en estos últimos años.

Title	:	Aplacar el miedo
Author	:	Thích Nhất Hạnh
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