

Descargar libros La paz está en tu interior gratis (PDF | ePub | Mobi) Thích Nhất Hạnh DG Media



En sus viajes por su país y el mundo, el maestro zen y Thich Nhat Hanh observó una creciente infelicidad entre las personas que iba conociendo. El ritmo desenfrenado de nuestras vidas cotidianas erosiona nuestra salud y bienestar. En respuesta, el célebre maestro se sentó a escribir *La paz está en tu interior*, un libro que hace accesibles a todos las enseñanzas esenciales del Buda. Thich Nhat Hanh nos muestra cómo podemos trascender la prisa febril de nuestros días y descubrir en el aquí y el ahora nuestra capacidad innata de experimentar la paz y felicidad interior

Con la caligrafía original de Thich Nhat Hanh, *La paz está en tu interior* es un libro oportuno, lleno de sabiduría atemporal y consejos prácticos.

Title	:	La paz está en tu interior
Author	:	Thích Nhất Hạnh
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