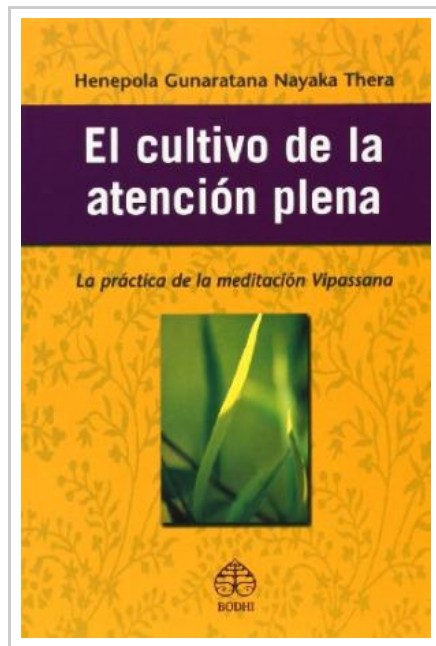




El Cultivo de La Atencion Plena: La Practica de La Meditacion Vipassana (Paperback)

By Henepola Gunaratana Nayaka Thera

Editorial Pax Mexico, Mexico, 2008. Paperback. Book Condition: New. Translation. 210 x 140 mm. Language: Spanish . Brand New Book. Taking readers step-by-step through the myths, realities, and benefits of meditation and mindfulness, this guide reveals that every person has the potential to achieve a productive, conscientious, and peaceful life. It also shows both beginners and experts in meditation the key aspects to opening up internal and emotional spaces to answer life's profound questions. Llevando al lector paso a paso por los mitos, realidades y beneficios de la meditacion y la practica de la atencion plena, esta guia revela que cada persona tiene el potencial para lograr una vida productiva, de conciencia y llena de paz. Tambien muestra a principiantes y expertos en la meditacion las claves para meditar y abrir los espacios internos y emocionales para poder responder a las inquietudes mas profundas.



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