



FELICIDAD (Spanish Edition)

Thich Nhat Hanh

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La enseñanza fundamental del maestro zen Thich Nhat Hanh es que la plena consciencia (o mindfulness) puede enseñarnos a vivir en el presente y desarrollar la paz interior. Accesible tanto a los recién iniciados en el budismo o la meditación como a practicantes más experimentados, Felicidad es el único libro que recopila todas las prácticas desarrolladas por Thich Nhat Hanh durante sus más de sesenta años como monje y maestro budista. Con secciones dedicadas a la práctica cotidiana, las relaciones, el ejercicio físico, la comida atenta y la práctica con los niños, Felicidad constituye una guía completa para vivir con plena consciencia nuestra vida cotidiana.

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