



Mindfulness en la vida cotidiana. Como descubrir las claves de la atencion plena (Spanish Edition)

Jon KabatZinn

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La atencion plena se situa en el corazon de la meditacion budista, pero su esencia es universal y tiene un profundo beneficio practico para todo el mundo. Con frecuencia, nuestra mente no es consciente de las multiples posibilidades que encierra el momento presente y de su belleza unica, ya que nuestra naturaleza alberga una tendencia al automatismo que nos aleja del contacto con el unico tiempo que tenemos para vivir, crecer, sentir, amar, aprender y darle forma a las cosas. En este libro, Jon Kabat-Zinn nos muestra el camino para practicar la meditacion y desarrollar la atencion plena en nuestras propias vidas. Se dirige tanto a los que llegan a la meditacion por primera vez como a aquellos practicantes experimentados, a todos aquellos que desean disfrutar de todos los momentos enriquecedores de la vida.

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