



PUERTA A LA FELICIDAD (Spanish Edition)

FEDERICO GARCIA GASTELUM

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Maneja tus emociones, ¡aprende a ser feliz!

Imagina que mantienes tu mente libre de contaminantes, libre de pensamientos y emociones asociados a la ira, la vanidad, el miedo, la envidia, los celos, la depresión; si puedes mantenerla libre de esas distracciones dañinas, con toda seguridad avanzarás en el bienestar, en la tranquilidad, la alegría, la empatía, el amor, además de que tendrás una enorme influencia positiva en tu entorno.

Durante siglos la humanidad ha buscado a través de distintos medios la felicidad. Estudios científicos, prácticas espirituales, filosofía y avances médicos... todos parecen coincidir en una sola verdad: la puerta a la felicidad se encuentra en nuestro interior, la capacidad de vivir libres y felices está al alcance de todos.

Lee este libro y descubre cómo lograrlo a través de la meditación –la contemplación de nuestros pensamientos y los sentimientos asociados a ellos–, que nos mantiene en el “ahora”, libres de las preocupaciones y estrés del futuro y de las frustraciones o temores que guardamos del pasado.

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