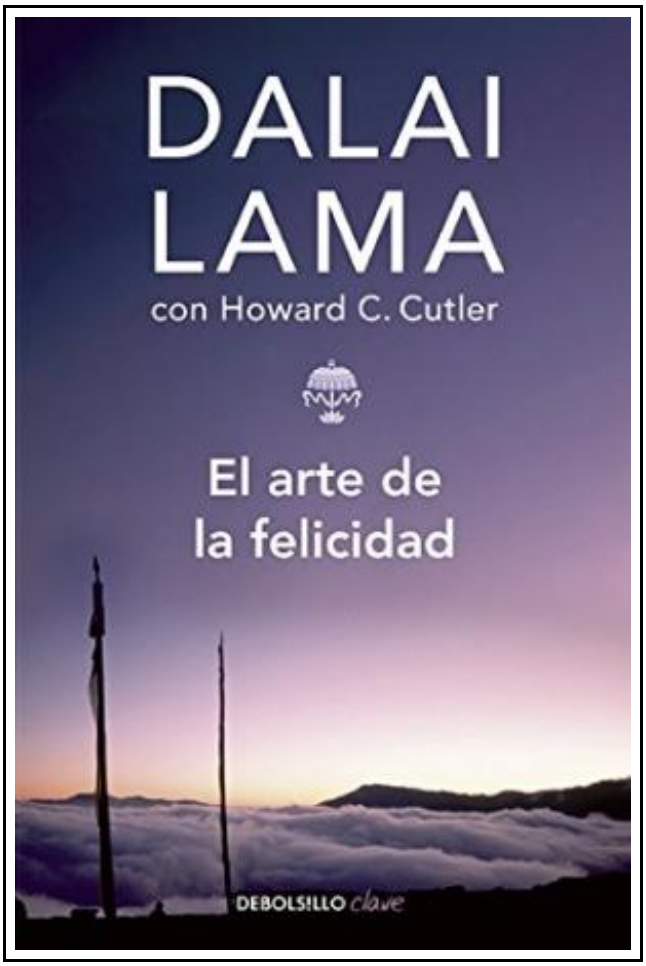
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DEBOLSILLO, Mexico, 2016. Paperback. Book Condition: New. 188 x 124 mm. Language: Spanish . Brand New Book. En el arte de la felicidad, el Dalai Lama nos ofrece el mensaje sereno de un hombre que ha conquistado la paz interior y sabe que la felicidad no es un don, sino un arte que exige voluntad y practica. Lejos de las grandes teorias y muy cerca de las preocupaciones cotidianas de cada uno, de nuestros miedos y nuestros deseos, el maestro se ha servido de la ayuda de un psiquiatra occidental para entregarnos unas palabras que nos orienten en la vida diaria. Solo asi seremos capaces de convertir el deber de vivir en el placer de sentirnos vivos en un mundo donde casi todo es posible, incluso la felicidad. ENGLISH DESCRIPTION In this unique and important book, one of the world s great spiritual leaders offers his practical wisdom and advice on how we can overcome everyday human problems and achieve lasting happiness. The Art of Happiness is a highly accessible guide for a western audience, combining the Dalai Lama s eastern spiritual tradition with Dr Howard C. Cutler s western perspective. Covering all key areas of human experience, they apply the principles of Tibetan Buddhism to everyday problems and reveal how one can find balance and complete spiritual and mental freedom. For the many who wish to understand more about the Dalai Lama s approach to living, there has never been a book which brings his beliefs so vividly into the real world.

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