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## Bailando Con La Vida: Intuiciones Budistas Para Hallar Sentido y Alegria Frente Al Sufrimiento

By Phillip Moffitt

Editorial Kairós, United States, 2010. Paperback. Book Condition: New. 198 x 132 mm. Language: Spanish Brand New Book. Seeking to answer the questions Why do we suffer? and Is there a purpose to pain? this examination offers 12 insights drawn from the Buddha's Four Noble Truths and argues that applying these insights will strengthen an individual's ability to confront life's difficulties without anxiety or stress and enhance moments of happiness. This practical handbook will appeal to anyone seeking a more authentic and fulfilling life. Buscando una contestación a las preguntas Por qué sufrimos? y Tiene el dolor algún propósito? este examen ofrece las 12 intuiciones sacadas de las Cuatro Nobles Verdades del Buda y argumenta que estas ayudarán al individuo a afrontar las dificultades de la vida sin ansiedad ni estrés y a aumentar los momentos de alegría. Esta guía práctica atraerá a quien busque una vida más auténtica y satisfactoria.



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