



## Silencio (Spanish Edition)

By Thich Nhat Hanh

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La practica del mindfulness ha sido ensalzada por la medicina y la psicologia como una eficaz herramienta para aumentar la autoconciencia y disfrutar de salud y bienestar. Ahora, el maestro zen Thich Nhat Hanh nos guia en el ejercicio del mindfulness mediante un recurso tan accesible como poderoso: el silencio. Vivir en un estado de paz y plenitud no requiere largas horas de meditacion. El lider espiritual Thich Nhat Hanh nos muestra como un gesto tan sencillo como el silencio puede devenir una poderosa herramienta de conocimiento y armonia. Como una radio que nunca se apaga, nuestro pensamiento siempre esta ahi, reviviendo acontecimientos del pasado o proyectando ansiedad y temor hacia el futuro. Pero la mente se puede acallar. Y, cuando lo hace, empezamos a escuchar nuestra propia voz interior. Mediante tecnicas basadas en el mindfulness y la respiracion, Thich Nhat Hanh nos ensena a cultivar la quietud en el devenir del dia a dia. Porque solo en silencio descubriremos quienes somos y cual es nuestro proposito en la vida, que son las dos claves de la paz y la felicidad. / The Zen master and one of the world's most beloved teachers returns with a guide to developing our inner resource silence- to help us find purpose and peace. Many people embark on a seemingly futile search for happiness, running as if there is somewhere else to get to. They do not realize the world they live in is full of wonder and to be alive is a miracle.

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