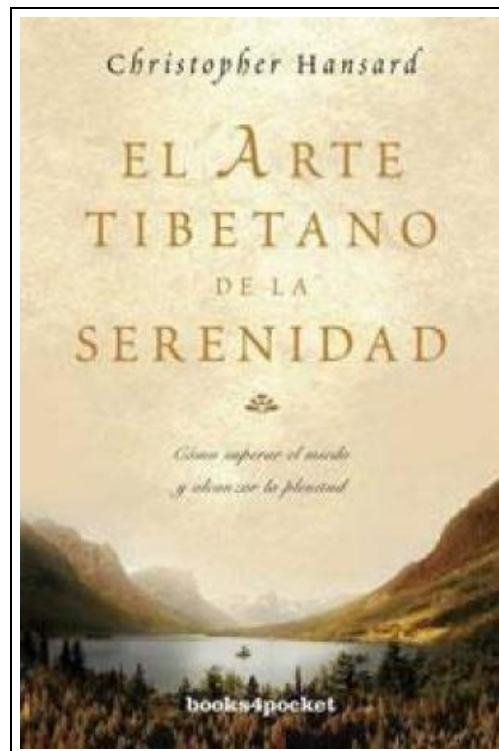


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Urano, Espa a, 2013. Encuadernaci n de tapa blanda. Book Condition: Nuevo. Para la antigua tradici n tibetana, el secreto de una existencia serena y llena de  xitos reside en no tener miedo. Pero en nuestra sociedad, donde el estr s constituye la norma, hemos hecho del temor una forma de vida. En este libro pr ctico y profundamente iluminador, Christopher Hasard, reconocido autor de la obra *El enfoque tibetano del pensamiento positivo*, nos muestra c mo el miedo es, precisamente, nuestro gran aliado en el camino a la paz interior. A trav s de ejercicios, meditaciones y reflexiones extra das de la filosof a B n, el autor nos invita a explorar los temores que nos limitan, nos empobrecen y nos hacen creer que nuestros sue os no se pueden hacer realidad. Mediante antiguas t cnicas, seremos capaces de afrontar y superar cada uno de los doce tipos de miedo a los que se enfrenta un ser humano; un camino de autodescubrimiento que culminar  en una vida de armon a y serenidad.



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