



Los siete pasos hacia el amor (Spanish Edition)

Dalai Lama, Lama Dalai

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El líder budista más destacado habla de forma elocuente de cómo transformar las relaciones de nuestra vida a través del amor.

Su Santidad el Dalai Lama, el líder budista más respetado en todo el mundo y premio Nobel de la Paz, ofrece en este libro las claves del camino que tenemos que seguir para alcanzar la verdadera felicidad y la plenitud en nuestras vidas a través del amor.

En un proceso escalonado en siete pasos, el Dalai Lama nos enseña a ampliar nuestro concepto del amor hasta convertirlo en la quintaesencia de nuestra alegría y satisfacción personal: solo si nos despojamos de nuestros prejuicios y aprendemos a volcarnos en los demás desde la compasión, dejando atrás los convencionalismos, alcanzaremos la auténtica sabiduría.

En *Los siete pasos hacia el amor* el Dalai Lama lanza un mensaje inspirador que nos empuja a abrir nuestros corazones a una nueva e ilimitada experiencia del amor que transformará parasiempre nuestras vidas.

Abramos nuestros corazones y nuestras mentes a un amor sin límites.

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