

ALCANZA LA FELICIDAD DURADERA EN
UN MUNDO EN CAMBIO CONSTANTE

El libro de la
ALEGRÍA

Su santidad el
DALAI LAMA
y el Arzobispo
DESMOND TUTU

con
DOUGLAS ABRAMS

Grijalbo

Dalai Lama

El libro de la alegría / The Book of Joy: Lasting Happiness in a Changing World (Spanish Edition)



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Un libro úan, «« And it inspired two good friends to gather in Dharamsala for a talk about something essential to them.cticas espirituales.»ENGLISH DESCRIPTIONAn instant New York Instances bestsellerTwo great spiritual masters talk about their very own hard-won wisdom about living with joy even in the face of adversity.Nuestra bondad crece cuando se la pone a prueba. Aprovechando la ocasiós y la rabia y el dolor hasta la enfermedad y la muerte y aprenderemos de sus « Mirando atrágracias a ellos»s alegres del planeta.nico en el que dos Premios Nobel de la Paz comparten sus pensamientos, creencias y espiritualidad.os de exilio, a varias persecuciones e incluso a situaciones de desgarradora violencia. son dos de las personas má A pesar de sus sufrimientos o como ellos diríEn abril del año 2015, el arzobispo Tutu viajó a casa del Dalai Lama en Dharamsala, India, para acompañarlo en la celebracióa de estos dos grandes lí»n de su humanidad, humor y pasiós de cincuenta años sobre sus largas vidas se propusieron responder a una ú En esta colaboracióCómo podemos encontrar la alegría mientras afrontamos el inevitable sufrimiento de la vida?En el transcurso de aquella semana, ambos intercambiaron historias, bromearon y compartieron sus prúltima de la felicidad reside en nosotros. Tras esos días llenos de risas, y algunas lágrimas, estos dos héroes mundiales miraron en el abismo y la desesperación de nuestros tiempos y encontraron la manera de vivir una vida llena de alegría. Both Dalai Lama and Archbishop Tutu have been tested by great personal and national adversity, and right here they talk about their personal tales of struggle and renewal. Los escucharemos mientras exploran la naturaleza de la verdadera alegrí The close friends had been His Holiness the Dalai Lama and Archbishop Desmond Tutu. Arzobispo Desmond TutuEl laureado Premio Nobel de la Paz, Su Santidad el Dalai Lama, y el arzobispo Desmond Tutu han sobrevivido a máOcho pilares de la alegría», que nos proporcionan recursos para una felicidad duradera.El arzobispo nunca ha proclamado su santidad, y el Dalai Lama se considera a sí mismo un basic monje.nica y candente pregunta:¿n única, nos ofrecen las reflexiones de unas vidas llenas de dolor y desorden en medio de las cuales han sido capaces de descubrir un estado de paz, coraje y alegría que puede inspirarnos en nuestra propia vida.El libro de la alegría zero es solo una muestra de la profunda sabidurín de su ochenta aniversario.deres sino también se dispusieron a crear algo que, esperaban, se convirtiera en un regalo para otros.n por la vida y los seres humanos.Su santidad el Dalai Lama«The occasion was a big birthday.La fuente úa y se enfrentan a todas sus barreras desde el miedo y el estrés The subject was pleasure. Both winners of the Nobel Prize, both great spiritual masters and moral leaders of our period, they are also known for being among the most infectiously happy people on the planet.Right from the start the publication was envisioned as a three-layer birthday cake: their own stories and teachings about joy, the most recent results in the science of deep happiness, and the daily methods that anchor their own emotional and spiritual lives.Este libro nos ofrece la inusual oportunidad de compartir con estos dos grandes hombres la sorprendente y initial semana que pasaron juntos, desde el primer abrazo hasta la despedida final. Given that they are both within their eighties, they especially want to spread the primary message that to have joy yourself, you need to bring joy to others.Primarily, during that landmark week in Dharamsala, they demonstrated by their own exuberance, compassion, and humor how joy could be transformed from a fleeting emotion into an enduring life-style.



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I read this in English, and loved it, therefore i bought not only the book, but its synopsis, in Spanish, for something special for my mother-in-law. I read it first and then I purchased this Spanish edition for my mom. I've constantly admired Dalai Lama, he gives an example and plenty of ideas to have a better lifestyle. I purchased this publication for my mom, after reading it myself in English I thought it would be ideal for my mother to read therefore i purchased the Spanish version.! We are so caught up in our each day lives and the rush of getting everything performed and complain about the small things that we never have a step back and think about things such as for example joy and that's what I love about this book. It can help you look at life and situations in life in a different perspective and how to instead of looking for things in a poor way to then turn it into a positive because after all we all have been in this planet together and we just get one life that's so precious and that is what Desmond Tutu and the Dalai Lama try to help us see the good in people and in lifestyle! It is the kind of reserve to have always helpful since it has the answer many of our daily life complications and questions in a humurous method. I like that besides the Dalai Lama & Unforgettable!! This is one of the most beautiful, wise, inspiring, warm and humane books I've ever read. I believe it is a great book because not only does it give you great insights from two of the most joyous people on this planet, but it addittionally makes your brain think in ways I had never thought of things before. Hermoso Es hermoso y maravilloso lo que puedes aprender de este libro.! No quería que terminara. This book is great! I knew little about Bishop Tutu, whom I right now admired just as much as Dalai Lama. I experienced never previously read books that either of the gentlemen have created but after scanning this book I've ventured off to reading a few of their previous work. An enriching reading.! It's the present for the humanity of two different people who've attained the human being fullness by two different ways: east and west. But the book doesn't just show you holy and enlightened people, but real human beings: their sufferings, joys, feelings, and hope. It also has very interesting feedback regarding the scientific study of the subjects involved.Is awesome just how this reserve awake our real human being nature and transfer the compassion, love, and joy of the Dalai Lama and Desmond Tutu. It's like you're there, speaking with them. A must browse!!! Will never be disappointed! Great great ready! Bishop interactions the author includes study about the topics becoming discussed in the publication. Lovely gift.Great Book! She hasn't stated anything about it yet. Five Stars Book arrived in a timely way and I've enjoyed reading it. A very good read. Sabiduría en un libro Más que alcanzar la felicidad, es un estilo de vida en el que el crecimiento espiritual sera el camino para la liberación del sufrimiento. Five Stars Amazing book Best I loved this phenomenal book! Excellent!! Lo recomiendo realmente estoy muy satisfecha. Great Gift I purchased it as a gift and she loved it. Muy recomendado para quienes buscan esta transformación. Excellent book. soon delivered as expected. Excellent book.



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