
MEDITACIÓN, LA FELICIDAD CALLADA

Meditation, Quiet Happiness

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This book is a fresh, up to date compilation of articles on the spiritual process in general and meditation in particular. With his profound knowledge of Buddhist practice, Juan Manzanera shows us some key elements of the spiritual path in modern every day life. He covers various aspects, from understanding the mind to the depths of human nature, including reflections on the role of attention in life, the keys to a full and satisfying life and the way to live with gratitude and harmony.

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