

# Vive el momento

Live for the moment



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**Publisher:** [EDICIONES ROBINBOOK, S.L.](#) [2]

**Language:** Spanish

**Year of Publication:** 2011

**Pages:** 224

**Number of editions:** 1

**Spanish Retail price:** 14.00€

**ISBN:** 978-84-9917-104-3

**Genre:** Sports and practical book

SPRING

2012

**Season:** SPRING 2012

1001 ideas to inspire your life. The knowledge and advice of the great masters at your fingertips. Living for the moment is a skill that can be learned and one that makes us more aware of the present and our surroundings. In order to understand that existence is beautiful, sacred, a blessing and a pleasure, you will have to live a different type of life: a life without reprieve. More than ever, the wise words of people like Eckhart Tolle, Wayne W. Dyer or Paulo Coelho serve as a guide and an inspiration on each step we take along the path of life.

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**CIF:** B58897679

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