



El arte de la felicidad (Spanish Edition)

Dalai Lama

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A menudo los sentimientos simples son los más difíciles de expresar, y necesitamos una voz sabia que nos guíe para conocernos mejor y ejercer esa compasión afectuosa que nos une a los demás.

En El arte de la felicidad es el Dalai Lama quien nos habla, y de él recibimos el mensaje sereno de un hombre que ha conquistado la paz interior y sabe que la felicidad no es un don, sino un arte que exige voluntad y práctica.

Lejos de las grandes teorías y muy cerca de las preocupaciones cotidianas de cada cual, de nuestros miedos y nuestros deseos, el maestro se ha servido de la ayuda de un psiquiatra occidental para entregarnos unas palabras que nos orienten en la vida diaria.

Sólo así seremos capaces de convertir el deber de vivir en el placer de sentirnos vivos en un mundo donde casi todo es posible, incluso la felicidad.

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