



El descanso pleno: Encontrando reposo en el bienamado (Spanish Edition)

John-Roger DSS, Paul Kaye DSS

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Filled with essential information on how to live a more fulfilling life, this innovative guide provides effective strategies for finding rest and restoration in a frantic and harried world. It explains how adequate rest is not only calming and healthy, but also provides the necessary energy to respond appropriately when the moment of action arrives. An audio CD is included with a series of meditations and reflections that demonstrate how to find the inner peace that ultimately leads to a proper state of rest.

Lleno de información esencial sobre como vivir una vida más realizada, esta guía innovadora provee estrategias efectivas para conseguir descanso y restauración en un mundo acosado y frenético. Explica que el descanso adecuado no solamente es calmante y saludable, pero también provee la energía necesaria para responder apropiadamente cuando el momento de acción se presenta. Un audio CD con una serie de meditaciones y reflexiones que demuestra como conseguir la paz interna que lleva a un estado apropiado de descanso también está incluido.



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