



El Arte De La Felicidad (" Mitos Autoayuda ")

Dalai Lama

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En El arte de la felicidad el Dalai Lama nos ofrece 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 uno, de nuestros miedos y nuestros deseos, e

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