



# VIVIR ABIERTOS DE CORAZÓN (Spanish Edition)

*Steve Flowers, Stahl Bob*

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En Vivir abiertos de corazón descubriremos cómo el mindfulness y la compasión dirigida a uno mismo pueden liberarnos de los pensamientos y creencias que generan sentimientos de inadecuación. Aprenderemos a abrir nuestro corazón a la benevolencia interior y del mundo que nos rodea. Basado en la psicoterapia occidental y en los principios psicológicos budistas, este libro es una guía práctica para superar las creencias dolorosas y limitadoras que tenemos de nosotros mismos. Nos enseña a cultivar un tipo de consciencia que permite la aceptación de quienes somos. La práctica de la atención plena y la compasión pueden liberarnos de pensamientos improductivos y nos ayudarán a vivir con más libertad y menos miedo, con el corazón plenamente abierto.

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