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Vivir el budismo: O la práctica de la atención plena

Thich Nhat Hanh

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One of the West's most beloved Buddhist teachers and fourteen prominent coauthors collaborate in this book to discuss the Five Mindfulness Trainings—protecting life, acting with generosity, behaving responsibly in sexual relationships, speaking and listening deeply and mindfully, and avoiding substance abuse—offering insights into how they can play an important role in personal relationships as well as society at large. Also included is a lucid introduction to the Upasaka sutra, one of the principal Buddhist texts on laic ethics.
Uno de los maestros del budismo más respetados y amados en el Oeste y catorce otros autores contribuyen a este discurso de las cinco prácticas fundamentales del Budismo—proteger la vida, vivir con generosidad, manejarse con respeto en relaciones íntimas, hablar y escuchar con enfoque y creencia y evitar el abuso de las drogas o el alcohol. Ofrece maneras en que las prácticas pueden jugar un papel importante en la vida personal y en la sociedad. Una introducción lúcida a la "Upasaka sutra," uno de los textos budistas principales de ética, también está incluida.

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