



## La Paz Interior: El Arte de Ser Calmadamente Activo y Activamente Calmado

By Paramahansa Yogananda

Self-Realization Fellowship Publishers. Paperback. Book Condition: New. Paperback. 130 pages. Dimensions: 6.4in. x 4.3in. x 0.7in. Paramahansaji nos recuerda que en el interior de cada uno de nosotros existe un centro de paz, al que podemos aprender a tener acceso a voluntad. Sus sabios y alentadores consejos nos muestran cmo: superar el temor, la ira, el nerviosismo y los estados de nimo negativos; permanecer calmado y activamente concentrado, independientemente de las condiciones externas; experimentar la expansiva atemporalidad y belleza de cada momento. El enfoque prctico, inspirador y sumamente efectivo de este libro nos permite encontrar en nuestras vidas, que cada vez se tornan ms ocupadas, un paraso porttil de paz interior. For all who feel that stress and nervousness are an unavoidable fact of modern life, one of the great spiritual teachers of our time reminds us that within each one of us is an inner core of peace that we can learn to access at will. Wise and encouraging counsel, compiled from the talks and writings of Paramahansa Yogananda, shows you how to: overcome fear, worry, anger, nervousness, moodiness stay calmly present and actively focused, no matter what is going on around you experience the expansive timelessness and beauty of...



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