



#### Momentum Dejar que el amor guie Spanish Edition

By Paul Kaye

Mandeville Press. Paperback. Condition: New. 172 pages. Dimensions: 9.1in. x 6.5in. x 0.6in. This guide advocates creating spiritual calm by following rather than fighting the rhythms of daily life. It explains how feeling out of balance is a sign that there is movement in ones life, and the best thing to do is to follow that motion and to let natural flows take over. Simple habits and exercises designed to locate love in each moment and to ease anxiety are taught with humor and gentleness. Structured in an accessible and direct manner, these inspirational quotes are followed with specific steps for achieving calm and contentment. Esta gua propone crear una calma espiritual, siguiendo, ms que tratando de ir en contra, de los ritmos de la vida diaria. La sensacin de no estar en equilibrio es seal de que hay algo movindose en la vida de uno, y lo mejor es seguir ese movimiento y dejar que la corriente de la vida se haga cargo. Con humor y suavidad, esta gua presenta, citas que dan inspiracin, ejercicios sencillos, y hbitos fciles de adoptar, todo con el fin de ubicar el amor, calmar la ansiedad, y lograr la plentitud. This item ships from...



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