



## Estas Vivo! (Paperback)

By Mark Nepo

AGUILAR, 2014. Paperback. Condition: New. Language: Spanish . Brand New Book. En ocasiones nuestro ritmo de vida nos aleja de las cosas esenciales: la búsqueda de la felicidad y el compartir con los demás. Consciente de ello, Mark Nepo entrega en este libro una serie de reflexiones orientadas a disfrutar el momento, amar como si fuera el último día y buscar la tranquilidad. Escrito con un lenguaje sencillo, evocador, en el que los árboles, los pájaros o los cielos despejados sirven para alentar el cambio espiritual, Mark Nepo ofrece páginas de alegría y belleza, meditaciones de gran sabiduría a partir de dolorosas experiencias personales y afirmaciones memorables que sirven de guía espiritual para enfrentar los problemas de la existencia y vivir con alegría y paz interior. ENGLISH DESCRIPTION Mark Nepo is emerging as one of the truly significant writers and thinkers of today. Nepo has a singular way of distilling great truths down to their essence. Moreover, Nepo attributes his comeback from cancer to the power of the writing process and not once but twice. In *Reduced to Joy*, Mark Nepo gets to the stuff of happiness with deep wisdom, poetic passages and personal revelations. Nepo reminds us all of...

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