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Transforma Tu Vida (Transform Your Life): Un Viaje Gozoso (Spanish Edition)



Synopsis

This practical guide clearly explains the fundamentals of Buddhist view, and step-by-step instructions on how to experience more love in our heart and our life to benefit ourself and others. Buddhist principles are explained such as how to attain inner peace, what is the mind, what happens at the time of our death, and karma. Readers can learn simple methods to transform their minds and lives through an exploration of the real meaning of their human life, how to find the source of happiness, and the actual methods to solve our daily problems. "Si seguimos los consejos practicos que se ofrecen en este libro, podemos transformar nuestra mente y nuestra vida, desarrollar nuestro potencial humano y encontrar paz y felicidad duraderas. Cual es el verdadero sentido de nuestra vida humana? * Donde podemos encontrar la felicidad? Los verdaderos metodos para solucionar nuestros problemas diarios. Como alcanzar la meta ultima."

Book Information

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Customer Reviews

This book is amazing to me as a Buddhist because it is at once a very advanced primer on Buddhist principles for developing profound inner peace but at the same time it is perfect for the beginner. I know multiple people who have given this book as a gift to many non-Buddhist friends without fear of being preachy or sanctimonious. This book is an extremely practical, light, simple, beautiful, extremely powerful feat of pure wisdom. I feel we all, Buddhist or not, can recognize ourselves in this book and be able to finally get a glimpse of our real, vast potential. This pure, naturally and blissfully happy us is our potential - Transform Your Life shows us how to recognize and awaken this

potential in all our daily actions. This is the book!

I Didn't finish it all yet, there is a lot to read from here! Really it transforms my perspective and helped me to view what's matter in life and what it is an illusion. Reading it is easy and enlighten, now put it all in practice is definitively more challenge, but worth it! I'm not planning in turning into Buddhism as a religion but the teaching I recommend them to every one; if you can go to classes near where you live that helps too. I loved it, already gave it to many members of my family and friends!

Awesome!! This book transformed my life absolutely. I never read a book so clear, light, simple, practical and powerful. In particular I was deeply touch by the chapters on great compassion and ultimate truth.

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