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Tomando como referencia las enseñanzas de Buda, el maestro Thich Nhat Hanh nos ofrece en este libro sanos consejos para comprender mejor el deseo y el amor en pareja. Este libro quiere ser una guía para ofrecer al lector una mayor comprensión del amor y cómo puede ser nuestra mayor alegría o —cuando se confunde con el deseo y el apego— nuestro mayor sufrimiento.

Comprendiendo las raíces de nuestro sufrimiento y aprendiendo a desarrollar una comprensión profunda de nosotros mismos y de nuestro ser amado, podemos disfrutar de la relajación, la alegría y la paz que proceden del amor auténtico.

El libro también ofrece prácticas de mindfulness.

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