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***Hacia la paz interior* ofrece métodos prácticos para integrar los pequeños acontecimientos de la vida cotidiana en la búsqueda de la armonía.**

En lo pequeño está lo grande.

Desde las técnicas respiratorias hasta el arte de la sonrisa, pasando por el trabajo, el ocio, las relaciones sociales y familiares, el dinero y la política, el gran maestro zen Thich Nhat Hanh nos enseña lo importante que es el aquí y ahora, y propone una amplia gama de actividades y actitudes que pueden cambiar nuestra vida llevándonos a la realización personal.

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