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La base de todas las enseñanzas de Buda consiste en que la infelicidad humana se asienta fundamentalmente en tres elementos: la ignorancia, el apego y la ira. Y, de hecho, la ira, como ha demostrado la ciencia veinticinco siglos después, puede causar graves daños psíquicos y físicos. Sin embargo, no sólo podemos dominarla, sino incluso convertirla en una fuerza positiva, para lo cual disponemos de las herramientas necesarias en nuestro interior. Sólo tenemos que quererlo.

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| <b>Title</b>     | : | La ira          |
| <b>Author</b>    | : | Thích Nhất Hạnh |
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