



Buda/ Buddha (Spanish Edition)

Rosa Maria Britton

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Buddha is an inspiring re-imagining of the life of a prince who gave up the trappings of royalty for something much more important - wisdom and enlightenment. This revolutionary journey has changed the world forever, and the lessons Buddha taught continue to influence every corner of the globe today. This is a new form of teaching for beloved Chopra and with it he brings us closer to understanding the true nature of life.

Description in Spanish: Buda es una figura sin igual en el mundo. Con él, no solamente se inicia una nueva religión, sino que sus enseñanzas no hacen más que expandirse por todo el planeta sin pausa. En este libro, Deepak Chopra nos narra la vida de una persona absolutamente fuera de lo común, que empezó siendo heredero de un gran reino y que, aun acostumbrado a vivir entre lujos y caprichos, decide abandonar el hogar muy joven para explorar el mundo. Después de consagrarse al rezo y a la meditación y de ayudar a los pobres y enfermos, descubre un día que su cuerpo y su mente se han liberado de las pasiones terrenales y se ha convertido en Buda, el Iluminado. Ha alcanzado el Nirvana, un estado superior de la mente que le permite estar en paz consigo mismo y con el mundo exterior. A partir de este momento Buda dedicará su vida a difundir su doctrina, fundando una orden monástica cuyo fin es enseñar el budismo, religión que no deja de sumar adeptos en todo el mundo.

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