



# Las 40 puertas (Fuera de colección) (Spanish Edition)

*José María Doria*

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La consciencia o «darse cuenta» de lo que se está viviendo, el «estar atentos», representa la capacidad emergente que puede permitir un cambio en el corazón humano. De la misma forma que todos los ríos llegan al mar, lo mismo sucede con nuestra mirada interna: todas conducen a lo profundo de la presencia. Por tanto, asumir la necesidad de silencio e introspección es fundamental para cultivar los propios procesos mentales.

El entrenamiento mindfulness, que José María Doria nos regala en estas páginas, supone un camino hacia la inteligencia transpersonal. El autor nos ofrece sus herramientas prácticas a través de 40 puertas que conviene recorrer despacio, ampliando en cada una de ellas nuestra escucha y nuestra búsqueda de la esencia.

La técnica mindfulness ha superado el ámbito terapéutico y se ha expandido al mundo de la educación, la salud, la empresa, el deporte...

Un fenómeno mundial que nos ayuda a entender que en realidad somos testigos privilegiados de una ampliación sin precedentes en la conciencia humana.

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