



## Bienestar Emocional / Emotional Wellness: Superar El Miedo, El Odio y Los Celos Con La Energia Creativa (Paperback)

By Osho Osho

DEBOLSILLO, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book. Una guía, única y estimulante, para vivir una vida más rica, más plena y en contacto con nuestro interior. Las emociones, los pensamientos y las expresiones son una misma energía, solo que están dirigidos hacia la periferia, hacia la circunferencia y no hacia el centro. Cuanto más cerca estás de la circunferencia, más lejos te encuentras de ti mismo. Para reencontrarte tienes que usar la misma energía. Por ello, la única meta en el mundo de todo ser inteligente debería ser conocerse a sí mismo; de lo contrario, podrías conocer el mundo entero y aun así seguirías desconociendo lo que más íntimamente te afecta, tu propia naturaleza. Tú eliges. ENGLISH DESCRIPTION How do we reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus repression. We fear that by expressing our true feelings, we will hurt and alienate those close to us. But by repressing our emotions—even in the benevolent guise of self-control --we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time, provides here...



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