



# Vivir de corazón: Mindfulness para una generación atónita (Spanish Edition)

*Álvaro Gómez Contreras*

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Este libro no contiene la receta para ser feliz ni las brillantes anécdotas de un gurú al uso. Al recorrer sus páginas encontraremos a un amigo honesto y sosegado que, inadvertidamente y sin trazas de dramatismo, nos enfrenta a través de sus vivencias y reflexiones a los recovecos oscuros de los sutiles temores que, como una suerte de artrosis espiritual, van minando nuestra libertad de acción, de la única acción que nos hace felices, aquella que está en armonía con nuestros sentimientos. Lo extraordinario de Vivir de corazón no es solo su argumento central -nuestra felicidad refulge ahí dentro, tras la cortina de humo de nuestros miedos-, sino la facilidad que tiene de conectar íntimamente con todo aquel que no haya abandonado la búsqueda, su capacidad para hacernos recordar que todas las respuestas están al alcance de cualquiera de nosotros y que lo único que necesitamos para gozar de ellas es la espontaneidad de extender la mano hacia nuestro corazón y llevárnoslas a la boca como fruta madura en cada elección de nuestras vidas. Álvaro Gómez, experto en Mindfulness con más de veinte años de experiencia, nos regala este tratado vital que pone de manifiesto la importancia de vivir cada día como un proyecto inédito y lleno de posibilidades, sin dejarnos llevar por los lastres de nuestros temores.

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