



Libera tu mente (Superación personal) (Spanish Edition)

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Para llegar al centro de nuestra propia vida necesitamos deshacernos de todos esos prejuicios que nos han implantado, que debemos ser los mejores, que somos los peores, que debemos ser de una manera o de otra, la realidad es que somos lo que somos, ni mejores ni peores, y que mientras estemos en el centro de nuestra propia vida tendremos la capacidad de modificar a voluntad lo que realmente somos, algo que nada ni nadie puede hacer por nosotros,

V. Dharmapa.

A cada persona le han inculcado ideas diferentes sobre la vida, el amor, el éxito, etc. Crecemos creyendo que lo que nos han dicho es verdad y enfrentamos toda una serie de sentimientos conflictivos y prejuicios nocivos debido a esas creencias, al grado de tomar decisiones irreversibles que afectan nuestra vida y la de nuestros seres queridos. En *Libera tu mente*, V. Dharmapa te llevará de la mano para comprender tu existencia y adueñarte del centro de tu propia vida. Por medio de reflexiones sencillas y profundas, muestra las posibilidades infinitas de pensamientos, experiencias y realidades que existen más allá de la cárcel de los prejuicios. Y si te atreves a salir de esa prisión, comprobarás que el universo se abre ante ti.

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