

Mi Abuelo y Yo



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MI ABUELO Y YO



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Palibrio, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English,Spanish . Brand New Book ***** Print on Demand *****.Este libro nace con el proposito de hacer llegar de una manera sencilla a los ninos y jovenes, herramientas basicas de auto conocimiento, valores y alternativas simples para trascender los retos que se presentan en nuestra vida y principalmente hacer de la salud, la paz y el bienestar su estilo de vida. Esta inspirado en algunos de los aprendizajes que hemos obtenido a lo largo del camino en busca de nuestro propio crecimiento personal, como Los Cuatro Acuerdos del Dr. Miguel Ruiz, La respiracion como aliento de vida y El Amor Incondicional. Aprender a ayudar a nuestros semejantes sin esperar pago a cambio, hacerlo de corazon, dejar de vivir de las apariencias y ser libres. Amarnos y aceptarnos tal y como somos para poder amar y aceptar a los demas. Respetarnos y parar de juzgarnos para poder respetar y dejar de juzgar todo lo que nos rodea y asi EMPEZAR A PRACTICAR OTRA FORMA DE VIDA. Acabar con el sentimiento de miedo, culpabilidad, verguenza y auto-rechazo; romper esos pensamientos que limitan la expresion de nuestra creatividad para remplazarlos por otros que faciliten la expresion de nuestro verdadero amor. Aprender a amarnos y amar incondicionalmente todo a nuestro alrededor. HOY es el momento perfecto para compartir la historia de Ricardo y su abuelo en familia y aprender a vivir el presente sin ninguno de los traumas del pasado ni las expectativas del futuro.



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