



Vive con corazón y alma (Actual) (Spanish Edition)

Dietrich Grönemeyer

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Una vida plena y con sentido. En este apasionado libro, Dietrich Grönemeyer muestra qué es lo importante y cómo conseguirlo, y nos insta a redescubrir el fascinante engranaje que forman el cuerpo, el espíritu y el alma, y a actuar fundándonos en este conocimiento. A penetrar esa obra de arte en que la vida consiste. A obrar desde una comprensión holística de la vida y una cultura humana del amor. Se trata de amar la vida, de disfrutarla, pero también de asumirla responsablemente. La vida es muy valiosa. Y el tiempo sobre la tierra que a cada cual se nos concede es limitado. Apropiarse comprensivamente de este milagro es la sustancia del arte de vivir. El autor del presente libro refiere siete actitudes que nos conducen a nuestro propio centro, que nos proporciona fuerza y energía.

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