



Miedo: Vivir en el presente para superar nuestros temores (Spanish Edition)

Thich Nhat Hanh

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We live in a permanent state of fear and anxiety. We fear our past, sickness, aging, death—a fear of losing what we care about most. The well-known Buddhist teacher Thich Nhat Hanh assures us that things don't have to be this way. Based on the idea of a complete life of practice and self-awareness, mindfulness, and Zen, the author teaches us how to practice living in the present to integrate and acknowledge our fears, making them powerless. Any concern about our past or anxiety about our future will disappear when we discover the power of living in the present.

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