



Sé feliz. El poder de ser consciente (Spanish Edition)

Raúl de la Rosa

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En *Sé feliz. El poder de ser consciente*, Raúl de la Rosa comparte con el lector la clave para acceder a lo mejor de nosotros mismos, para alcanzar el equilibrio entre cuerpo, mente y espíritu, abriendo el camino que nos conduce a la paz interior, a la armonía con el mundo y a la verdadera felicidad. Cuando ponemos en práctica lo que se explica en este libro, encontramos dentro de nosotros alegría y realización, pero sobre todo consciencia de nosotros mismos, de una nueva manera de entender la vida y de percibir la realidad. Responsabilizarnos de nuestros actos, de nuestras palabras, de nuestros pensamientos, de nuestros sentimientos, en definitiva de nuestra vida, he aquí lo que trata de mostrar Raúl de la Rosa a través de *Sé feliz. El poder de ser consciente*. Este libro tiene, ante todo, un sentido práctico para que nuestra actividad cotidiana esté más unida a nuestra vida interior. Ahora, este mismo momento, estemos donde estemos, puede ser un buen momento para experimentar. Cuántas veces nos aferramos a las cosas, a las personas y a las circunstancias como si nuestra felicidad dependiera de ellas. La felicidad radica en dar y recibir en un flujo incesante que hace que vivamos plenamente libres de condicionamientos sin fundamento real, libres de miedos nacidos de problemas inexistentes.

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