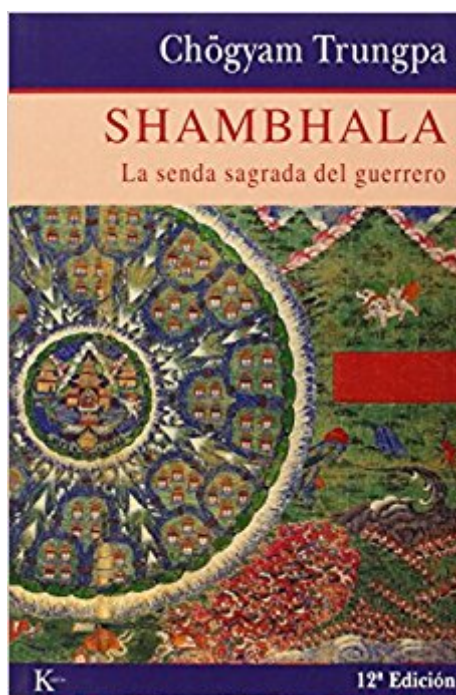


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Shambhala: La Senda Sagrada Del Guerrero (Spanish Edition)



Synopsis

The Shambhala teachings, named for a legendary Himalayan kingdom where prosperity and happiness reign, point to the potential for enlightened conduct that exists within every human being. Providing an inspiring approach to life based on the figure of the sacred warrior, this practical guide shows how to master life's challenges through gentleness, courage, and self-knowledge. Las lecciones de Shambhala, asÃ- llamadas por el legendario reino del Himalaya donde la prosperidad y la felicidad abundan, muestran el potencial para la conducta iluminada que existe dentro de todo individuo. Predicando una vida basada en la figura del guerrero sagrado, esta guÃ- a prÃ-ctica muestra cÃ- mo dominar aÃ- los obstÃ-culos que se enfrentan en la vida conÃ- gentileza, valor y elÃ- conocimiento de sÃ- mismo.

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