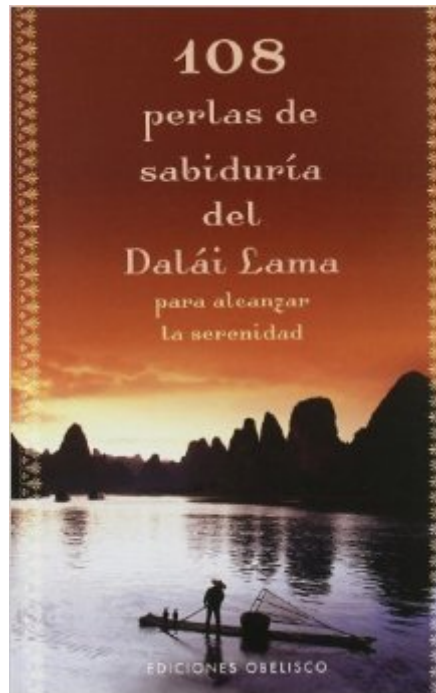


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Las enseñanzas del Dalai Lama, llenas de sensatez y de una sabiduría pragmática, acompañan día a día en esa Vía de la transformación espiritual que es el budismo tibetano. Con esta obra, en la que se proponen ocho meditaciones, cifra que representa las 108 cuentas del rosario, el mala, con el que se practican y recitan los mantras, esas oraciones que ayudan a calmar el espíritu y el corazón, la autora espera inspirar al lector, y, al mismo tiempo, ayudarlo a rozar con la punta de los dedos la compasión, la tolerancia, el amor, la bondad y el respeto infinito por los demás. /

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