



# El tercer acto de tu vida (Crecimiento personal) (Spanish Edition)

*Lewis Richmond*

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## **El tercer acto de tu vida (Crecimiento personal) (Spanish Edition)** Lewis Richmond


En las últimas décadas, las expectativas de vida han aumentado espectacularmente. La media alcanza los ochenta años, y muchos aspiramos a llevar una existencia activa y productiva hasta los noventa o más. ¿Qué vamos a hacer con esos años que nos regala la vida?

El monje zen y maestro de meditación Lewis Richmond invita al lector a pensar la tercera edad no como un momento de decadencia, sino como una etapa de plenitud que, pese a sus inconvenientes, se puede disfrutar si la contemplamos desde el punto de vista espiritual.

Capítulo a capítulo, momento a momento, explora los distintos aspectos de la experiencia de madurar, propone estrategias para afrontarlos desde la perspectiva de la transformación interior y concluye con una meditación contemplativa destinada a cultivar una de las fuerzas o de los impulsos que aparecen en cada momento en particular.

Una visión positiva y deliciosa del proceso de envejecimiento, contemplado como una época de ilimitadas oportunidades espirituales para conocer una dicha que trasciende la edad.

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