



Coraje: La alegría de vivir peligrosamente (Spanish Edition)

Osho

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¡Desarrolla el coraje interno que te permita llevar una vida satisfactoria en cualquier situación!

Este libro proporciona una perspectiva general del terreno en el que se originan los miedos, cómo entenderlos y cómo encontrar el coraje para vencerlos.

«Coraje no es la ausencia de miedo», dice Osho. Por el contrario, es la total presencia del miedo y el valor para encararlo. Este libro proporciona una perspectiva general del terreno en el que se originan los miedos, cómo entenderlos y cómo encontrar el coraje para vencerlos. Osho propone que siempre que nos enfrentemos a la inseguridad y el cambio en nuestras vidas debemos celebrarlo. En lugar de aferrarnos a lo familiar y conocido, podemos aprender a disfrutar de estas situaciones como oportunidades para la aventura y para profundizar en la comprensión de nosotros mismos y del mundo que nos rodea.

El libro comienza con una exploración en profundidad del significado de la palabra «coraje» y de cómo se expresa en la vida cotidiana de cada persona. A diferencia de otros libros, que tratan de acciones heroicas en circunstancias excepcionales, esta obra se centra en desarrollar el coraje interno que nos permita llevar una vida satisfactoria en cualquier situación. Es el coraje necesario para cambiar cuando el cambio es necesario, el coraje para defender nuestra propia verdad, incluso en contra de las opiniones de los demás, y el coraje para abrazar lo desconocido.

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