



A Beleza da Vida (Portuguese Edition)

By Pema Chödrön

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Vivemos numa época difícil. Às vezes, a vida parece um rio turvo e turbulento que ameaça nos afogar e destruir o mundo. Então, por que não devíamos nos segurar à certeza da margem – aos nossos padrões e hábitos familiares? Porque, Pema Chödrön ensina, esse tipo de segurança baseada no medo nos impede de ter a experiência infinitamente mais satisfatória de estar plenamente vivos. Os ensinamentos que ela aqui apresenta – conhecidos como os "Três Compromissos" – proporcionam um tesouro de sabedoria para aprendermos a pisar bem dentro do rio: ficar total e destemidamente presentes mesmo nas horas mais árduas, nas situações mais difíceis. Quando aprendemos a abandonar nossos padrões protetores e assim fazemos, começamos a perceber não só o quanto é melhor viver desse modo, mas também, num maravilhoso efeito colateral, descobrimos que começamos, de um modo natural e eficaz, a estender a mão aos outros, ajudando e dando apoio.

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