



El Arte De Vivir Conscientemente/ The Art of Living Consciously: The Power of Awareness to Transform Everyday Life (Saberes Cotidianos / Daily Wisdom) (Spanish Edition)

Nathaniel Branden

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La conciencia es la mejor herramienta de que disponemos para adaptarnos con éxito a la realidad. Cuanto más conscientes seamos en una situación determinada, mayores serán nuestras probabilidades de percepción, nuestras opciones, el incremento de nuestro poder y quizás, incluso, nuestras expectativas vitales. Así pues, vivir conscientemente significa buscar el conocimiento que subyace en todos nuestros objetivos, valores, acciones e intenciones: vivir coherentemente con lo que vemos y sabemos. Una costumbre que, si se practica con regularidad, puede conducirnos a plantearnos ciertas preguntas en los principales ámbitos de nuestra vida: - En el trabajo: ¿qué significa trabajar conscientemente? - En el terreno amoroso: ¿qué significa amar conscientemente? - En la educación de los hijos: ¿qué significa educar conscientemente? - En el desarrollo personal: ¿qué significa participar conscientemente en el proceso de nuestra evolución personal? La práctica de vivir conscientemente, en fin, nos invita a reflexionar sobre las creencias que atañen a nuestra cotidianeidad, a nuestra moral y a nuestra existencia en la era de la información: un manual indispensable para nuestra supervivencia básica.

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