



Cuando todo se derrumba (When Things Fall Apart): Palabras sabias para momentos dificiles (Spanish Edition)

Pema Chodron

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Tenemos a nuestro alcance una oportunidad fundamental de felicidad que por lo general desperdiciamos, irónicamente, por estar atrapados en nuestros intentos por escapar del dolor y el sufrimiento. Pema Chödrön da un consejo compasivo y radical extraído de la sabiduría budista para cuando todo se derrumba en nuestras vidas, consejo que va a contrapelo de nuestras costumbres y expectativas habituales. Sólo hay una manera de encarar el sufrimiento que proporcione beneficio duradero, nos enseña Pema: ir hacia las situaciones dolorosas con cordialidad y curiosidad, relajándonos en la insubstancialidad fundamental de toda nuestra situación. Es ahí, en medio del caos, que podemos descubrir la verdad y el amor que son indestructibles.

El libro incluye:

- Modos de usar las emociones dolorosas para cultivar la sabiduría, la compasión y la valentía
- Métodos de comunicación que llevan a una verdadera apertura hacia los demás y a una verdadera cercanía
- Prácticas para revertir patrones negativos habituales
- Técnicas para trabajar con situaciones caóticas
- Herramientas para cultivar una acción social enérgica y compasiva

There is a fundamental opportunity for happiness right within our reach, yet we usually miss it—ironically while we are caught up in attempts to escape pain and suffering. Drawn from traditional Buddhist wisdom, Pema Chödrön's radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and expectations. There is only one approach to suffering that is of lasting benefit, Pema teaches, and that approach involves moving toward painful situations with friendliness and curiosity, relaxing into the essential groundlessness of our entire situation. It is there, in the midst of chaos, that we can discover the truth and love that are indestructible.

Included in the book are:

- Ways to use painful emotions to cultivate wisdom, compassion, and courage
- Methods of communicating that lead to openness and true intimacy with others
- Practices for reversing negative habitual patterns
- Techniques for working with chaotic situations
- Tools for cultivating compassionate, energetic social action

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Lisa Martin:

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