



## Mindfulness, sencillamente (Spanish Edition)

*Mario Carrillo*

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# Mindfulness, sencillamente (Spanish Edition)

*Mario Carrillo*

**Mindfulness, sencillamente (Spanish Edition)** Mario Carrillo

El libro es una joya tanto para los que se quieran iniciar en mindfulness, como para los que practicamos meditación desde hace tiempo.

Me gusta mucho la estructura del libro de preguntas y respuestas, de esta forma se hace más ameno y el lector se siente identificado.

Es una delicia leer el libro y meditarlo porque las preguntas son las mismas que yo me haría. Tengo esperanza de que con la práctica diaria consiga un poco de paz mental.

El libro es absolutamente claro, interesante y útil para resolver cuantas dudas nos planteamos desde el inicio de la práctica de meditación.

Me parece que tiene mucho valor contar algo tan complicado de manera tan sencilla.

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What is your hobby? Have you heard this question when you got scholars? We believe that that query was given by teacher on their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person just like reading or as studying become their hobby. You have to know that reading is very important in addition to book as to be the point. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You see good news or update regarding something by book. Different categories of books that can you choose to use be your object. One of them is Mindfulness, sencillamente (Spanish Edition).

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