



Inocencia radical: La vida en busca de pasión y sentido (Spanish Edition)

Elsa Punset

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La autora de *Brújula para navegantes emocionales* nos alienta a sacar provecho de nuestra capacidad innata para amar y para transformar, a encontrar los cauces donde nuestra creatividad y nuestra energía fluyan a través de las trampas y los dones que nos acechan a diario.

Nacemos inocentes. Sin emociones mezcladas, sin dudas, sin miedos, sin mentiras. Llegamos para descubrir, luminosos y coherentes. Vulnerables pero abiertos al mundo, animados por una curiosidad rotunda y radical, dotados de la pasión por vivir. Es entonces cuando comienza la búsqueda del sentido en una realidad diaria de luces y de sombras donde nos asaltan el amor, el miedo, la tristeza o la tentación. Cómo nos enfrentemos a estas etapas cruciales, desde la inocencia o desde la rigidez, determinará el tejido de nuestra existencia, de cada emoción, de cada gesto, de cada pensamiento.

La crítica ha dicho...

«Una obra bellísima, extraordinaria, transformadora. Rigor, poesía y lucidez trenzados en un libro tan necesario como inspirador. Gracias, Elsa.»

Alex Rovira

«He disfrutado y aprendido con este trabajo que tiene un pulso tan fino y una penetración clarividente. Hace pensar, obliga a detenerse, preguntarse, tomar notas. Gracias por esta aportación tan necesaria, sensible, sentida e inteligente.»

Javier Urra

«Forma práctica de transformar las obligaciones y los miedos en una celebración diaria.»

La Vanguardia

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