



# UN CANTO DE AMOR A LA TIERRA (Spanish Edition)

*Tich Nhat Hanh*

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## **UN CANTO DE AMOR A LA TIERRA (Spanish Edition)** Tich Nhat Hanh

Un canto de amor a la Tierra es la invitación personal y apasionada del maestro zen Thich Nhat Hanh para que construyamos una relación íntima con la fuente de toda vida. Trascendiendo el enfoque científico –que se centra en la destrucción de los ecosistemas o la desaparición de las especies– Nhat Hanh profundiza en el aspecto más esencial y que tiene el potencial de crear un verdadero punto de inflexión: superar el concepto de “medio ambiente”, ya que este nos lleva a sentirnos separados de la Tierra y a ver el planeta únicamente en términos utilitarios. Rechazando asimismo enfoques economicistas convencionales, Un canto de amor a la Tierra nos enseña que para liberarnos de nuestra adicción al consumismo, proteger la naturaleza y atenuar el cambio climático necesitamos el mindfulness o plena consciencia y una revolución espiritual que otorgue sentido y conexión a nuestras vidas. Nuestra felicidad personal está indisolublemente unida a la felicidad de nuestro planeta.

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