



Buda: La historia que cambiará tu vida (Spanish Edition)

Deepak Chopra

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Deepak Chopra ofrece a sus lectores la inspiradora novela que recrea la vida de Buda, un joven heredero que lo abandona todo para seguir el camino de la iluminación.

The New York Times Bestseller.

Buda es una figura sin igual en el mundo. En este libro, Deepak Chopra nos narra la vida de este personaje absolutamente fuera de lo común que, siendo heredero de un gran reino y acostumbrado a vivir entre lujos y caprichos, decide abandonar su hogar cuando es todavía muy joven para explorar el mundo. Después de consagrarse al rezo y a la **meditación**, y de ayudar a los pobres y enfermos, descubre un día que su cuerpo y su mente se han liberado de las pasiones terrenales para convertirse en Buda, el iluminado. Ha alcanzado el **nirvana**, un estado superior de la mente que le permite estar en paz consigo mismo y con el mundo exterior. A partir de este momento Buda dedicará su vida a difundir su doctrina y enseñar el **budismo**, religión que no deja de sumar adeptos en todo el mundo.

La crítica ha opinado:

"Chopra retrata con sencillez el conflicto interno natural que sufre todo aquel que va en busca de la sabiduría espiritual y la transformación" -*Publishers Weekly*-

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