



Los cinco niveles del apego (Spanish Edition)

Miguel Ruiz

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Los cinco niveles del apego (Spanish Edition) Miguel Ruiz

Tras décadas de aprendizaje con su padre, mítico nagual mexicano y autor del clásico "Los cuatro acuerdos", don Miguel Ruiz Jr. profundiza y expande los principios de la sabiduría tolteca para el lector occidental. Lo que llamamos realidad, afirma Miguel Ruiz Jr., no es sino un sistema de creencias que a lo largo de la vida hemos construido inconscientemente. Este sistema, que define nuestras convicciones y nuestras respuestas emocionales, oscurece y estrecha nuestra percepción del mundo. Para que la percepción se expanda y las opciones crezcan, hay que descorrer el velo de ese sistema. ¿Cómo? Destapando los distintos niveles de apego. Mediante sencillas alegorías, esta sorprendente obra nos muestra los mecanismos por los cuales hemos construido nuestra identidad a partir de las opiniones y los juicios ajenos y nos guía en un extraordinario viaje con destino a nuestro su auténtico yo, un universo sin límites donde residen la libertad, la salud y la espiritualidad.

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