



# VIVIR BIEN CON EL DOLOR Y LA ENFERMEDAD (Spanish Edition)

*Vidyamala Burch*

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## **VIVIR BIEN CON EL DOLOR Y LA ENFERMEDAD (Spanish Edition)** Vidyamala Burch

Tras unas graves lesiones medulares, Vidyamala Burch tuvo que enfrentarse a solas –y contando con muy pocos recursos– a la incapacitación y el dolor crónico. En lugar de venirse abajo, asumió el desafío de abordar sus problemas físicos con aceptación, compasión y amor. En *Vivir bien con el dolor y la enfermedad*, Vidyamala nos brinda los frutos de su valiente empresa vital y nos muestra que la práctica del mindfulness puede ayudarnos a enfrentar todo tipo de retos para la salud. Basándose en su experiencia en la enseñanza de la meditación, Vidyamala ofrece aquí su sabiduría y las instrucciones necesarias para utilizar el modelo de cinco pasos de mindfulness para alentar la curación. También nos enseña el enfoque “Respira Vida” a la meditación y el modo de aplicarlo a problemas de salud como la migraña, la artritis o la fatiga crónica. *Vivir bien con el dolor y la enfermedad* es, al mismo tiempo, un relato inspirador y un manual práctico para transformar nuestra relación con el sufrimiento físico y emocional.

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