



Inteligencia espiritual: Para atrevernos a vivir la vida que queremos (Spanish Edition)

Eduardo Chaktoura

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El culto a la razón y a lo material ya probó que ni el coeficiente intelectual ni el dinero pueden garantizarnos la felicidad.

¿Podemos elegir quiénes queremos ser y cómo queremos vivir?

Las teorías de la inteligencia emocional fueron un avance para entender mejor nuestras insatisfacciones, pero solo en los últimos años, de la mano de la psicología positiva y las nuevas corrientes de estudio de la "inteligencia espiritual", empezamos a reconocer que somos la integración de mente, cuerpo y espíritu.

Inteligencia espiritual nos invita a ir más allá de nuestros pensamientos y emociones, nos desafía a salir de lo conocido. Es un libro lleno de preguntas inquietantes pero también cargado de esperanza en nosotros mismos y en lo que podemos lograr. Eduardo Chaktoura nos regala en estas páginas una suerte de mantra liberador -somos lo que creemos, lo que sentimos y lo que buscamos; somos lo que estamos dispuestos a que ocurra- y nos guía a lo largo de un intenso entrenamiento espiritual para activar nuestro despertador interno y hacer florecer nuestras virtudes. En definitiva, nos ayuda a desplegar nuestra mente, nuestras emociones, nuestro espíritu y nuestras fortalezas para descubrir quiénes somos y atrevernos a vivir la vida que queremos.

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