



Meditación para gente ocupada: Consejos para acabar con el estrés (Spanish Edition)

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Since so few people find it easy to sit and relax, *Meditación para gente ocupada* is designed to help those who find this to be challenging. Osho provides plenty of tips and formulas of meditation to be incorporated into everyday life. Even the commute to work can become an exercise in focus with the distraction of noise from outside. The objective of these techniques is to teach readers to be able to find tranquility in the midst of hectic daily lives. By following his simple tips, readers can learn to reduce stress, minimize chronic stress, relax, and learn to better manage conflicts and relationships.

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