



La muerte es una ilusion. La superacion definitiva del miedo a morir (Spanish Edition)

Thich Nhat Hanh

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«Nuestro mayor temor es el de convertirnos en nada al morir. Creemos que hemos nacido de la nada y que volveremos a la nada, y eso hace que nos invada el miedo a la aniquilacion. Pero Buda lo comprendio de forma muy diferente: la vida y la muerte no son mas que nociones ilusorias. No son reales.» El monje budista vietnamita Thich Nhat Hanh, que ha escrito estas paginas basandose en su propia experiencia, nos propone una asombrosa alternativa a las dos filosofias opuestas de un alma eterna y del nihilismo. Segun el, el nacimiento y la muerte son tan solo puertas que atravesamos, vestibulos sagrados que cruzamos en nuestro viaje. En este libro sencillo y esencial, nos ayuda a afrontar con serenidad lo que muchos consideran erroneamente el horror supremo y la maxima desgracia.

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