



# En busca de una religión personal (Crecimiento personal) (Spanish Edition)

*Thomas Moore*

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## **En busca de una religión personal (Crecimiento personal) (Spanish Edition) Thomas Moore**

Thomas Moore es un autor con un perfil único, uno de los autores más prestigiosos del ámbito del desarrollo personal. -La insatisfacción crónica que nos persigue tiene una causa profunda: la falta de atención a nuestro lado espiritual. -Buscando inspiración en la literatura, la filosofía, las artes, la artesanía y otras actividades bien mundanas Moore nos invita a construir nuestra espiritualidad personal alejada de los dogmas de las religiones mayoritarias. El mundo se transforma tan deprisa que apenas somos conscientes de cómo esos cambios afectan a nuestras vidas. La ciencia se erige en poseedora de la verdad mientras que la tecnología nos promete una vida mejor. Sin embargo, cada vez más, los seres humanos se hunden en la angustia y la depresión. Sucede así, afirma el autor, porque el alma humana tiene una necesidad innata de misticismo y espiritualidad más allá del mundo material. Thomas Moore, que conmovió a millones de personas con su obra *El cuidado del alma*, regresa con una solución urgente para esta crisis de trascendencia: una visión más original y creativa de la religión, que permita a cada cual encontrar su propia expresión espiritual. Enriquecida con las historias reales de personas que han convertido como la música, la lectura o hasta el arreglo floral en experiencias espirituales y entrelazada con la sabiduría de filósofos, escritores y artistas, Moore nos inspira a crear una vida con propósito y significado al margen de la religión tradicional.

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