

Baixar Livros Gratuitos Ichigo-ichie (PDF|ePub|Mobi|Mp3|Txt) Francesc Miralles & Héctor García Amor



Baixar livros gratuitos Ichigo-ichie (PDF|ePub|Mobi|Mp3|Txt) Francesc Miralles & Héctor García amor, A expressão japonesa *Ichigo-ichie* foi usada pela primeira vez há meio milênio, pelo criador da tradicional cerimônia do chá, e pode ser traduzida como "o que estamos vivendo agora não se repetirá nunca mais".

A partir dessa premissa, Francesc Miralles e Héctor García apresentam um livro encantador, capaz de nos fazer enxergar a beleza efêmera de cada instante.

Porém, mais do que lembrar que nossa existência é breve, o *Ichigo-ichie* ressalta que *estamos vivos* e que, por isso, devemos aproveitar plenamente todas as nossas experiências.

Mesclando histórias inspiradoras e dicas práticas, os autores nos ensinam a:

- Criar conexões mais profundas com as outras pessoas.
- Despertar nossos sentidos e abrir as portas para a sincronicidade.
- Abandonar a preocupação com o passado e o futuro para viver o agora.
- Organizar encontros e celebrações memoráveis.
- Integrar à nossa vida a filosofia zen que inspirou Steve Jobs.
- Valorizar cada momento, conscientes de que ele nunca se repetirá da mesma forma.

"Na época da dispersão absoluta, da falta de escuta e da superficialidade, há uma chave capaz de abrir as portas da atenção, da harmonia e do amor à vida. Essa chave se chama *Ichigo-ichie*."

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Baixar livros gratuitos Ichigo-ichie (PDF|ePub|Mobi|Mp3|Txt) Francesc Miralles & Héctor García amor, The regular type of help documentation is really a hard copy manual that's printed, nicely bound, and functional. It operates as a reference manual - skim the TOC or index, get the page, and stick to the directions detail by detail. The challenge using these sorts of documents is the fact that user manuals can often become jumbled and hard to understand. And in order to fix this problem, writers can try and employ things I call "go over here" ways to minimize the wordiness and simplify this content. I've found this approach to be extremely ineffective most of the time. Why? Because **ichigo-ichie** are considered unsuitable to get flipped through ten times for just one task. That is what online assistance is for.

If you realise your ichigo-ichie so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature til you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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