

Baixar Livros Gratuitos Respirando (PDF|ePub|Mobi|Mp3|Txt) Tarchin Hearn Amor



Baixar livros gratuitos Respirando (PDF|ePub|Mobi|Mp3|Txt) Tarchin Hearn amor, Primeiro livro de Tarchin Hearn traduzido para o português, Respirando é um manual de meditação escrito para o homem moderno. Nele, o leitor pode conhecer o ensinamento tradicional Anapanasati Sutta, um dos textos fundamentais que norteiam a prática de mindfulness secular, transcrito e comentado.

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