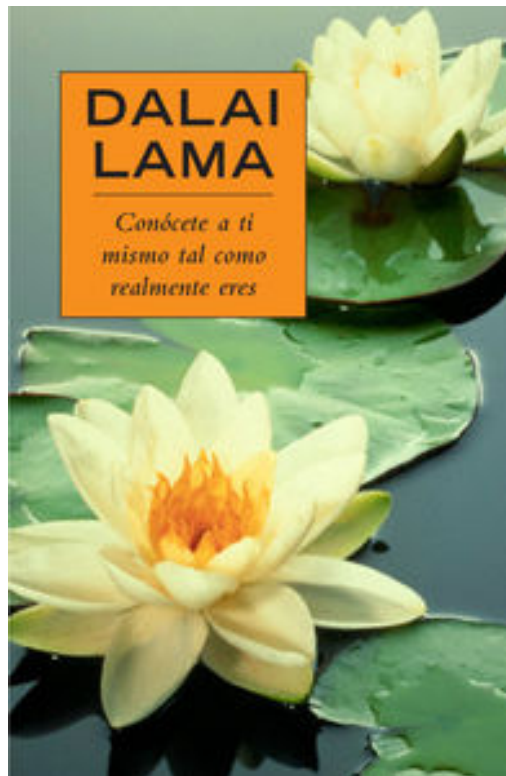


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El Dalai Lama, el líder budista más conocido y respetado, y Premio Nobel de la Paz, enseña en esta obra a reconocer las nociones equivocadas que tenemos de nosotros mismos para abordar la realidad desde una perspectiva más certera y humana.

Como las dos alas de un pájaro, el amor y el conocimiento interior trabajan juntos para llevarnos a la iluminación. Con anécdotas personales, el Dalai Lama muestra en esta obra las claves que ofrece la tradición budista para el conocimiento personal y el despertar espiritual.

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