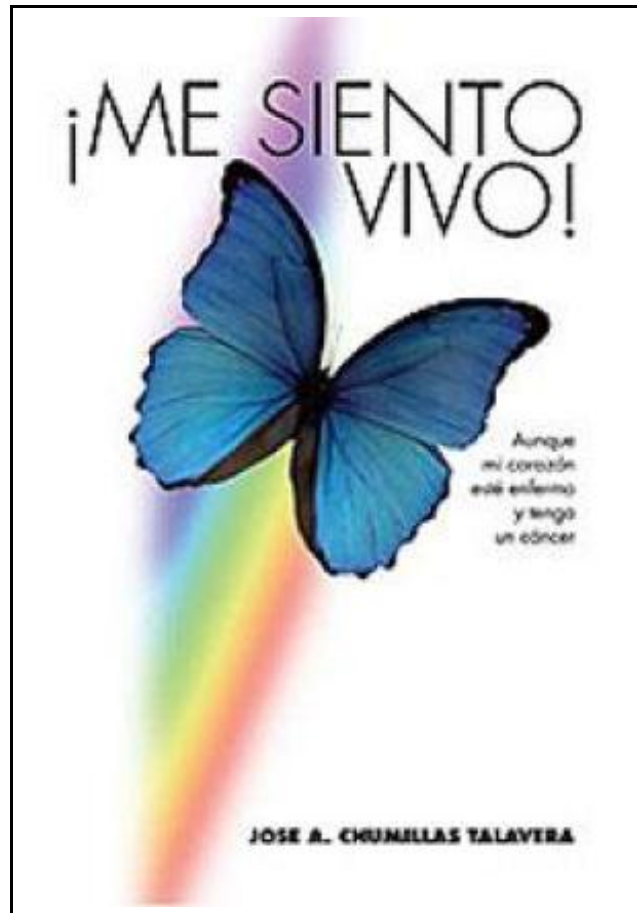


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Reviews

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(Abe Reichel DDS)

ME SIENTO VIVO!: AUNQUE MI CORAZÓN ESTÁ ENFERMO; ENFERMO Y TENGO UN CÁNCER

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Mandala Ediciones, España, 2008. Encuadernación de tapa blanda. Book Condition: Nuevo. 23X16cm. José A. Chumillas Talavera nos guía a través de las páginas de este libro a entender la enfermedad como un despertador capaz de sacarnos de la oscuridad del sueño y de incorporarnos a la luminosidad de un nuevo día. Nos invita a reconsiderar la rutina apática y yerma de esperanza que estamos viviendo, y nos orienta hacia formas prácticas de reencontrar el bienestar, la ilusión, la excitación, los ideales, la creatividad y el amor. En cada capítulo Chumillas ofrece alternativas útiles para cambiar el paisaje de una existencia vacía, sin más perspectiva que la espera de la muerte liberadora, y nos enseña como la crisis de la enfermedad brinda la oportunidad de una profunda transformación personal, tanto en lo físico y mental, como en lo espiritual. A través de sus experiencias y observaciones descubrimos que no estamos condenados a vivir en ese estado caótico del cuerpo y la mente sino que tenemos la capacidad y la voluntad para soberponernos a ello y, mediante un entrenamiento progresivo, cruzar la frontera de la conciencia ordinaria. Al desmitificar la espiritualidad, nos señala que el camino hacia ese estado de quietud y de sosiego interior que abre las puertas al encuentro con nuestro Sí Mismo espiritual.



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