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Vivir y morir conscientemente: 35 (Serendipity) (Spanish Edition)

Iosu Cabodevilla Eraso

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En esta sociedad de la que somos parte y de cuyos valores y contravalores participamos; en esta cultura de evasión que nos invita a apartarnos de nosotros mismos, ya no se habla de la muerte, incluso se la oculta a quien la vivencia como cercana, con lo que se dificulta hasta extremos impensables la posibilidad de integrarla como una parte más, y muy importante, de la vida.La muerte es una característica inevitable y consustancial a la persona. El morir es un asunto demasiado humano para ser relegado; es un asunto personal e irrepetible. Reconocer nuestra finitud es respetar el gran ciclo de la vida. Solo mirando la muerte sin velos que puedan distorsionar nuestra percepción, llegaremos a integrarla en el sentido de hacerla propia y personal.La existencia encuadrada entre el nacer y el morir es el espacio natural, el campo de oportunidades para realizarse como persona. La vida y la muerte se sitúan dentro de ese marco.En este libro encontrarás algunas sugerencias tanto para poder integrar la muerte y vivir más plenamente, como para poder acompañar a los moribundos en las distintas reacciones psicológicas que pueden presentar. También se abarca el período de duelo que inevitablemente atravesará toda persona que ha perdido a un ser querido. A lo largo del libro se intercalan ejercicios de sensibilización que bien pudieran ser de utilidad para el crecimiento personal.

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