



Los 10 Secretos de la Abundante Felicidad

Adam J. Jackson

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Gozar de felicidad abundante no es sólo librarse de la depresión y del dolor, sino que más bien consiste en una sensación de alegría, de contento y de maravillado asombro ante la vida. Ciertamente, a veces no es posible evitar la tristeza y la decepción, pero hay diversas formas de hacerles frente y, con mucha frecuencia, podemos convertir en triunfos los obstáculos y las adversidades que nos sobrevienen. La vida del joven protagonista de esta historia, se hallaba sumida en la apatía y la falta de perspectivas, cuando se encontró con un misterioso anciano oriental, que lo encaminó por la senda de los Diez Principios de la Abundante Felicidad.

This is a spiritual of Chinese wisdom that will bring success and happiness to the readers' life. The text suggests that happiness is created by oneself, not one's circumstances. This is the inspiring story of a young man who begins a remarkable journey to find the 10 secrets of happiness.

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