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El eneagrama del mulá Nasrudín (Plataforma Actual) (Spanish Edition)

David Barba

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Para conocernos a nosotros mismos solo necesitamos tres ingredientes:un buen mapa, espíritu de búsqueda y sentido del humor. No existe mejor mapa de la conciencia que el eneagrama: a veces se ha descrito como una tipología de la personalidad, pero en realidad es una puerta hacia la conciencia profunda. El espíritu de búsqueda depende del heroísmo del lector, mientras que el sentido del humor corre en las páginas de esta obra a cargo del mulá Nasrudín, el sabio loco de la tradición sufí que, con cuentos de sabiduría, nos revela nuestros defectos de carácter.

El eneagrama del mulá Nasrudín reconstituye el mapa original de este sistema a partir de las enseñanzas de Claudio Naranjo, traza una historia veraz del eneagrama desde sus orígenes, y representa un revulsivo contra el «eneagrama azucarado»: aquel que, viciado por la psicología positiva y el new age, ha pretendido desactivar el potencial transformador de verse a uno mismo sin adornos.

Nadie es un número o una etiqueta. Pero si conoces esa parte de ti que te hace actuar como un autómata, estarás en condiciones de «sujetar al perro por la correa» en vez de ser llevado por él. Este libro te ayudará a conseguirlo.

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