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*Fernando Noailles Olivé*

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# Sentir. Claves para vivir el presente (Spanish Edition)

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**Sentir. Claves para vivir el presente (Spanish Edition)** Fernando Noailles Olivé

En medio del tumulto y del ajetreo de la vida moderna, el ser humano trata de procurarse una vida plena, incapaz a menudo de ser simplemente feliz. Fernando Noailles nos muestra en Sentir que las palabras paz, bienestar y felicidad no son simples anhelos, sino que se muestran ante nuestros ojos en la aparente cotidianeidad de la vida. ¡Somos infelices porque estamos lejos de la naturaleza, donde todo tiene su ritmo perfecto. El secreto es parar, el secreto es respirar. Este librote ayudará a sentir por ti mismo. Léelo con el corazón y sé feliz!. Pablo Motos

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