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Mindfulness en la era del miedo y la ansiedad: El arte de elegir la paz (Spanish Edition)

Clara Badino

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Mindfulness es una enseñanza que proviene del budismo. Significa intención, atención pura, recepción y presencia del corazón. Nos propone regresar a nosotros mismos, cultivar la atención relajada y entrenarnos en la calma.
En tiempos acelerados y vertiginosos como los que vivimos, el miedo y la ansiedad parecen haber monopolizado nuestra mente, y lo que debería darse naturalmente simplemente no sucede. Como acto reflejo de supervivencia, vivimos atados al pasado y obsesionados con predecir el futuro.
Mindfulness consiste en concentrarnos en el aquí y ahora; estar en lo que hacemos, en lugar de dejar vagar nuestra mente. Es una práctica de meditación que modifica la manera de percibir el mundo, la vida y a uno mismo. Nos enseña a ejercitar la aceptación: observarnos sin juicios, sin interpretaciones ni críticas. Y nos demuestra que, cuanto más rechazamos la incomodidad en nuestra vida, más la generamos.
Mindfulness en la era del miedo y la ansiedad es el primer libro de Clara Badino, embajadora de esta práctica en la Argentina, quien imparte entrenamientos desde hace años y propone guiarnos en el camino de su aprendizaje.

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