



Vicios y virtudes: Reeducando el alma a través del cuerpo (Spanish Edition)

Trillo Ortega Alejandro

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Este libro es una guía para que el lector pueda conocerse con sinceridad, aceptarse con serenidad y superarse con paciencia, tenacidad y realismo. Parte de la convicción de que el crecimiento personal se basa, en buena medida, en el arte de aprovechar las faltas y debilidades para forjar virtudes. Tras un interesantísimo recorrido por los principales vicios del hombre contemporáneo, presenta en contrapartida las virtudes necesarias para los tiempos que vivimos.

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