



## Meditación para gente ocupada: Consejos para acabar con el estrés (Spanish Edition)

By Osho



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**Bibliography**

- Sales Rank: #3763884 in Books
- Published on: 2015-12-01
- Original language: Spanish
- Number of items: 1
- Dimensions: 8.00" h x .50" w x 5.00" l, .0 pounds
- Binding: Paperback
- 192 pages

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### **Editorial Review**

#### About the Author

**Osho** is famous for his new approach to meditation that acknowledges the accelerated pace of contemporary life. He is the author many books, including *Courage*, *Freedom*, *Joy*, *Osho on Zen*, and *Yoga: The Science of the Soul*.

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