



# Momentum: Dejar que el amor guie (Spanish Edition)

*John-Roger, Paul Kaye*

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This guide advocates creating spiritual calm by following rather than fighting the rhythms of daily life. It explains how feeling out of balance is a sign that there is movement in one's life, and the best thing to do is to follow that motion and to let natural flows take over. Simple habits and exercises designed to locate love in each moment and to ease anxiety are taught with humor and gentleness. Structured in an accessible and direct manner, these inspirational quotes are followed with specific steps for achieving calm and contentment.

*Esta guía propone crear una calma espiritual, siguiendo, más que tratando de ir en contra, de los ritmos de la vida diaria. La sensación de no estar en equilibrio es señal de que hay algo moviéndose en la vida de uno, y lo mejor es seguir ese movimiento y dejar que la corriente de la vida se haga cargo. Con humor y suavidad, esta guía presenta, citas que dan inspiración, ejercicios sencillos, y hábitos fáciles de adoptar, todo con el fin de ubicar el amor, calmar la ansiedad, y lograr la plenitud.*

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