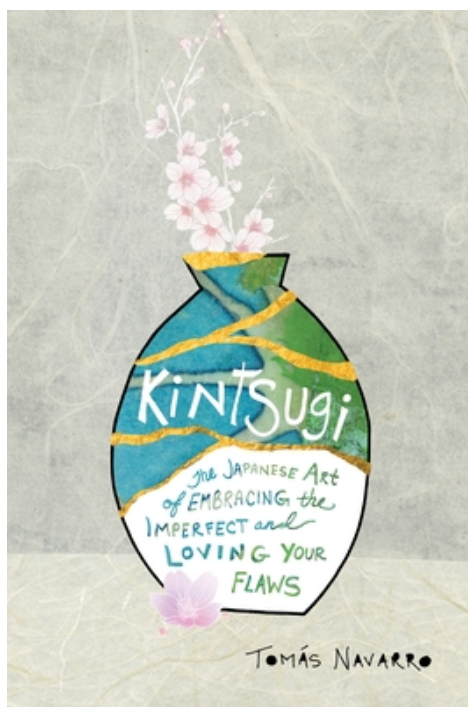


# Obtenir un livre electronique Kintsugi: The Japanese Art of Embracing the Imperfect and Loving Your Flaws

By Tom?s Navarro



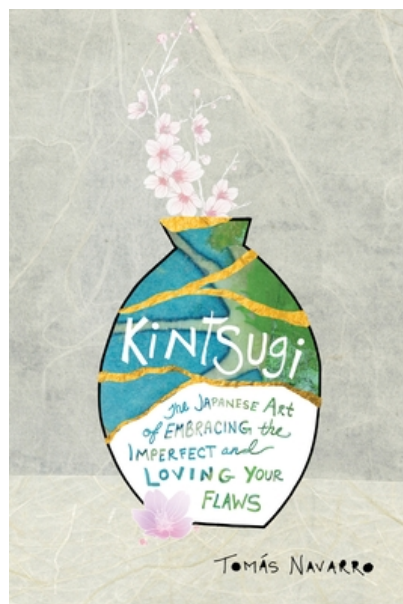
## Books Details

Author : Tomás Navarro Pages : 280 pages Publisher : Sounds True Language : ISBN-10 : 1683643682 ISBN-13 : 9781683643685

## Books Descriptions

Cultivate inner strength and rebuild your life with the ancient principles of kintsugi. When we lose a person we love, a job, or our health, it can feel like a precious piece of ourselves falling to the ground and shattering. But in the Japanese art of kintsugi, that's where the creation of beauty begins--in the delicate re-joining and mending of shards with loving attention. Psychologist Tom's Navarro encourages us to approach our lives in the same way. Everyone faces suffering, but how we engage with our troubles and heal our emotional wounds can make all the difference. Rather than conceal our repairs, what if we embraced them--and looked to them as proofs of our strength? With Kintsugi, Navarro presents a sensitive and contemplative approach to the suffering that he's seen in his professional practice and in his own life. His reflections help us to engage with our tragedies and challenges--transmuting them into sources of strength. Through gentle stories, practices, and

You Can Get This Books By Click Link/Button In Below .



/

<https://inclledger.com/?book=1683643682>