



## Aprender de la ansiedad: La sabiduría de las emociones de Pedro Moreno [

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text (article)

Analítica

Anxiety is among the first three most prevalent emotional disorders in Puerto Rico and the United States. Aprender de la ansiedad: La sabiduría de las emociones by Pedro Moreno (2013), is a book that can be useful to people who are experiencing certain levels of anxiety and want to learn more about how to use mindfulness meditation to alleviate their suffering and learn from their emotions. Mindfulness is the practice of living in the present moment, cultivating nonjudgmental awareness in your everyday life with exercises that can help you learn how to conquer your fears and suffering and develop peace of mind.

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