



Come, reza, ama (Spanish Edition)

Elizabeth Gilbert

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Después de un divorcio traumático seguido de un desengaño amoroso y en plena crisis emocional y espiritual, Elizabeth Gilbert decide empezar de nuevo y emprende un largo viaje que la llevará sucesivamente a Italia, la India e Indonesia, tres escalas geográficas que se corresponden con otras tantas etapas de búsqueda interior. Este libro es la bitácora de esa doble travesía, en la que la autora descubrirá el placer sensual de la buena mesa y la buena conversación (la dolce vita romana), la paz interior alcanzada mediante la meditación en Bombay y, por fin, el deseado equilibrio entre cuerpo y espíritu en Bali. Lúcida y valiente novela autobiográfica que ha sido un gran éxito de ventas desde su publicación en Estados Unidos, Comer, rezar, amar trata de lo que ocurre cuando decidimos ser artífices de nuestra felicidad y dejamos de intentar vivir según los modelos que nos imponen. Elegido por el New York Times entre los cien libros relevantes de 2006, este diario personal es también una intensa y divertida reflexión sobre el amor y las muchas formas que puede adoptar.

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