



Dalai Lama: "La práctica de la compasión beneficia la salud porque reduce el estrés"

(Spanish Edition)

Xavier Mas de Xaxàs

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Tenzin Gyatso, el decimocuarto Dalai Lama, líder espiritual del budismo tibetano, recibió a 'La Vanguardia' en septiembre de 2007 antes de dar una conferencia en el Palau Sant Jordi sobre la felicidad, la necesidad del amor y la compasión.

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