



**Espiritualidad emocionalmente sana - Día a día:  
Un peregrinar de cuarenta días con el Oficio  
Diario (Emotionally Healthy Spirituality) (Spanish  
Edition)**

*Peter Scazzero*

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# Espiritualidad emocionalmente sana - Día a día: Un peregrinar de cuarenta días con el Oficio Diario (Emotionally Healthy Spirituality) (Spanish Edition)

*Peter Scazzero*

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En este innovador devocional, *Espiritualidad emocionalmente sana - Día a día*, Peter Scazzero presenta la antigua disciplina espiritual del Oficio diario. La premisa básica es simple: necesitamos detenernos intencionalmente, para estar con Dios más de una vez al día para que de la presencia de Dios sea real en nuestras vidas tan ocupadas. Scazzero ha integrado las enseñanzas de la espiritualidad emocionalmente sana en las lecturas del devocional para cada día. Basado en el libro bestselling *Espiritualidad emocionalmente sana*, este devocional será ayuda ideal para cualquier persona que desee tener una comunión con Dios estructurada y más intencional. Cada día trae dos oficinas diarias, mañana/mediodía y mediodía/noche, donde cada pausa puede durar de cinco a veinte minutos.

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