



## El Arte De Vivir

*J. Krishnamurti*

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### El Arte De Vivir J. Krishnamurti

This text is available in Spanish. Drawn from transcripts of talks given to Indian students, this book explores the danger of competition; the value of solitude; the need to understand both the conscious and the unconscious mind; and the critical differences between concentration and attention and knowledge and learning. Krishnamurti exposes the roots of fear and eradicates deeply entrenched habits of tradition, limitation, and prejudice. The life he espouses requires a complete revolution of thought - a transformation that occurs only through an education that concentrates on the total development of the human being, an education carefully described in this simple and powerful book.

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238 pages

### About the Author

Jiddu Krishnamurti spent his life traveling the world as an independent speaker and educator, holding dialogues and giving public talks on the nature of truth, sorrow, freedom, and the workings of the human mind. At age 90 he addressed the United Nations on the subject of peace and awareness, and was awarded the 1984 UN Peace Medal. He is the author of "The Book of Life," "Commentaries on Living," and "Total Freedom."

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