



Vegetarianismo (El Viaje Interior / Inner Journey) (Spanish Edition)

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El primero de los cinco preceptos budistas ampliamente observados consiste en no dañar a ningún ser vivo, lo cual abarca tanto al ser humano como a todos los animales, y puede expresarse como un compromiso a afirmar y apoyar la vida en cualquiera de sus formas. La dieta vegetariana constituye una manera clara e inmediata de llevar a la práctica esta afirmación de la vida. Bodhipaksa, experimentado veterinario al tiempo que budista practicante, se encuentra en la posición ideal para desvelar el sufrimiento de los animales que viven en granjas industriales y para identificar las consecuencias éticas que se derivan de infligir esa clase de sufrimiento. En este libro sencillo y directo, el autor expone tanto las bases éticas y filosóficas del vegetarianismo como sus ventajas para la salud física y mental, hoy científicamente demostradas.

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