



## Macrobiótica zen (Spanish Edition)

*George Ohsawa*

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Con motivo del 50 aniversario de la muerte de Georges Ohsawa (Kioto, 18 de octubre de 1893 – Tokio, 24 de abril de 1966), publicamos aquí una nueva versión de su obra más importante y conocida. Hemos tomado como base la edición que en el año 1979 publicó en Uruguay Mauricio Warroquiers pero, en Mandala Ediciones, hemos realizado una revisión exhaustiva; en todas y cada una de sus páginas se han hecho correcciones terminológicas, actualizaciones y adaptaciones de muchos nombres y conceptos, y también se ha realizado multitud de cambios de estilo. Todo ello creemos que facilita significativamente su lectura y permite una mejor comprensión de la Macrobiótica actual. En estos 50 años la Macrobiótica ha experimentado un gran desarrollo y popularización en todo el mundo gracias a las aportaciones de muy diversos autores y discípulos de Ohsawa, como Michio Kushi, René Lévy y Helène Magariños en Francia, el Dr. Ser, Jorge Pérez Calvo, Mai Vives, Rosa Casal y otros en España. Estamos seguros de que todos ellos coincidirían en considerar esta obra como imprescindible para conocer la filosofía, los principios fundamentales y las bases teóricas de la Macrobiótica, que siguen plenamente vigentes en la actualidad.

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