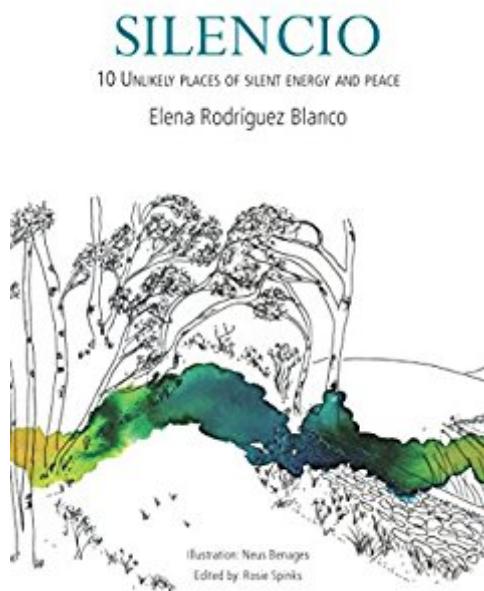


The book was found

Silencio: 10 Unlikely Places Of Silent Energy And Peace



Synopsis

Silencio is a celebration to the quiet we need. In this meditative book, Elena shares her personal exploration of silence through travel. It reads like a peaceful stroll through 10 places around the worldâ "from Syria and Japan to Brazil and USAâ "which offer soulful lessons. Silencio is an invitation for you to seek out your own places to tune into the restorative chords of silence. To enjoy being. Silence is such a great gift not because of what it is, but because of what it lets you become. All proceeds from Silencio go to support the social enterprise: Authenticitys. Authenticitys curates social impact experiences with NGOâ "s and social organisations for people to travel, share, and learn together in unforgettable settings in the top worldsâ " cities. Each experience contributes directly to the United Nations Sustainable Development Goals.

Book Information

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Customer Reviews

A beautiful combination of personal thoughts, inspiration and travel journal notes, this book reminds us about the importance of silence in a world where we have forgotten it. I loved that the author offers interesting snippets of history and legends of the different areas along with her personal story of what she was going through at the time she visited the different places. But most importantly is

the lessons the book includes, which I found to be truly inspirational, motivational and transformative. Definitely a book worth reading!

Through years of reading and meditation practice, this is honestly the first book to truly offer experience that feels genuine. Elena Rodriguez Blanco clearly has a wealth of knowledge she beautifully shares in this book: both articulate and relatable. Never have I considered to combine my love for mediation with explorative travel but now I can't stop thinking about anything else; Elena has a wonderful mind that I'd adore to read more of. Her colourful line drawings are gorgeous and artistic and add an extra definition to her book that make it truly gripping. An instant recommend to fellow wandering introverts.

Silencio is indeed a journey of exploration, transformation and awakening. I feel as though I have lived vicariously through her journey and have been inspired to create more adventures and be more open to receive what comes my way. I'm still reading the story but it's one of the best book I've read this year...it may just be my new favourite. Elena delivers her personal experiences into a brilliant spiritual travel book that took me to 10 amazing places of silence around the world. While learning about the places, I also learnt about the art of meditative silence, something most of us don't often take time to do.

We are all agreeing now upon traveling as a way to discover our own selves. Traveling on our own company, as a path to self discovery... a beautiful inspiration.

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