



Te mereces ser feliz: Aprende a construir tu felicidad en 12 semanas (Spanish Edition)

Isabel Pinillos, Antonio Fuster

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No hay ningún libro, por mágico que sea, que pueda cambiar la vida de nadie. Éste tampoco. Pero lo que sí puede hacer, si cae en manos receptivas, es ayudar a cambiar algunos aspectos de la vida; mejorar facetas desfavorables de la personalidad o del comportamiento, y acompañar en la adaptación a una sociedad como la nuestra, en muchas ocasiones difícil de entender y de sobrellevar.

A través de 84 aforismos, los autores te ofrecen la información necesaria para que seas capaz de enfrentarte a las dificultades que la vida te plantea y responsabilizarte de ti mismo. Para ello, cuentan con la ayuda de algunos ejemplos y las explicaciones posteriores que nos ofrece la psicología moderna.

En este programa de 12 semanas, aprenderás sobre **conducta** (por el poder que tiene para sacar adelante numerosas facetas del ser humano), sobre el propio **cuerpo** (repleto de recursos útiles y utilizables), sobre tus **emociones** (como reacciones psicofisiológicas que te ayudan a la adaptación a ciertos estímulos); sobre **pensamientos** (con los que te obsequia tu mente, sobre **habilidades** (para hacer y deshacer entuertos), sobre **relaciones** (que puedes mantener y que juegan un papel esencial en tu crecimiento como ser humano), y finalmente sobre el **desarrollo personal** (que no es otra cosa que la respuesta que debes dar al hecho de ser una persona, de estar vivo).

Vivir felizmente no es tan difícil como nos puede parecer, solo se necesitan 10 minutos al día y nuestro compromiso.

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