



**¡Ay Dolores!: Es preferible reír que quejarse.
Pequeño manual ilustrado de confidencias
(Spanish Edition)**

Hilda Levy

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¿A quién no le duele algo? Existen los dolores del cuerpo, del alma y del bolsillo, que suelen interactuar y potenciarse entre sí. Y no son privativos de los mayores, también los padecen los jóvenes y los niños. Pero ¿cómo hacer para no estacionarse en la queja? En su extensa trayectoria como psicóloga, Hilda Levy ha recogido cientos de experiencias y anécdotas relacionadas con estos síntomas que nos desvelan. Dolores que repercuten en nuestra vida emocional, estresando o deprimiendo, que modifican nuestra rutina familiar e incluso obstruyen la actividad laboral. Por eso, como sucede en sus libros anteriores, el toque de humor y de psicología hacen de «¡Ay, Dolores!» una obra muy amena e interesante. Hilda Levy aborda temas reales, comunes, actuales, urticantes, como la resiliencia, el beneficio secundario de la enfermedad, el pensamiento lateral, la percepción selectiva, el síndrome de alienación parental, la inteligencia emocional, el hábito de posponer y la sobreexigencia, dando siempre una mirada positiva sobre la utilidad de las crisis.

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