



Vivir es un asunto urgente (Spanish Edition)

Mario Alonso Puig

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Cuando el corazón se desboca, el cuerpo se tensa y el cerebro no funciona bien. Si nos sentimos en peligro, reaccionamos atacando, aislándonos o simplemente huyendo. Estas formas de actuar impiden que comprendamos a los demás y hacen imposible que éstos nos vean como realmente somos.

Vivir es un asunto urgente nos ofrece el apoyo necesario para afrontar los desafíos que se plantean en nuestras vidas, proporcionándonos alegría, ilusión, tranquilidad y confianza.

Una obra reveladora y cercana que trata a fondo el mundo del estrés, nos enseña cómo gestionarlo de manera adecuada y nos anima a controlar las riendas de nuestro destino, porque, en un cambio en apariencia insignificante, se esconde la verdadera felicidad.

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