



La felicidad te está esperando: 1 (Crecimiento personal) (Spanish Edition)

Andrew Weil

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Con una sólida base científica y más de cuarenta años de experiencia clínica, el

doctor Andrew Weil nos presenta un enfoque nuevo y radical sobre la felicidad y

su gran antagonista en nuestros tiempos: la depresión. En primer lugar, afirma

el doctor Weil, es normal e incluso sano que nuestro humor varíe o que suframos

cierta sensación de depresión de vez en cuando. En segundo lugar, factores como

la alimentación, la falta de contacto con la naturaleza, una excesiva exposición

a la información o el aislamiento pueden producir síntomas de depresión, que los

medicamentos no van a mejorar. Basándose en la ciencia de la salud mental

integrativa, Weil propone mejorar las condiciones generales de bienestar

emocional usando técnicas diversas, que abarcan desde las antiguas tradiciones

hasta la más moderna neurociencia. ¿El resultado? Satisfacción, serenidad,

equilibrio y resiliencia: una alternativa sana e inteligente al estado de

perpetua felicidad que exige nuestra sociedad.

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Playing with family inside a park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love La felicidad te está esperando: 1 (Crecimiento personal) (Spanish Edition), it is possible to enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't understand it, oh come on its identified as reading friends.

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