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***Nada es tan terrible*, el nuevo libro de Rafael Santandreu, es el manual de autoterapia más completo basado en la psicología cognitiva, la escuela terapéutica más eficaz y científica.**

Nada es tan terrible contiene las herramientas de los mejores psicólogos del mundo para:

- dejar de preocuparse,
- disfrutar más intensamente de la vida,
- tener «cero» complejos,
- adquirir carisma,
- desactivar a las personas difíciles
- y acabar con todos los miedos.

Así como unas secciones especiales para aprender a:

- **eliminar los ataques de ansiedad** de forma rápida y definitiva
- y detener la cháchara mental inútil con el moderno

***mindfulness* de tercera generación.**

Title	:	Nada es tan terrible
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