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No hi ha res tan terrible, el nou llibre de Rafael Santandreu, és el manual d'autoteràpia més complet basat en la psicologia cognitiva, l'escola terapèutica més eficaç i científica.

No hi ha res tan terrible conté les eines utilitzades pels millors psicòlegs del món per:

- deixar de preocupar-nos,
- gaudir de la vida més intensament,
- no tenir complexos,
- guanyar més carisma,
- desactivar les persones difícils
- i acabar amb totes les pors.

Així com unes seccions especials per aprendre a:

- **eliminar els atacs d'ansietat** de manera ràpida i definitiva
- i aturar la xerrameca mental inútil mitjançant el modern **mindfulness de tercera generació**.

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