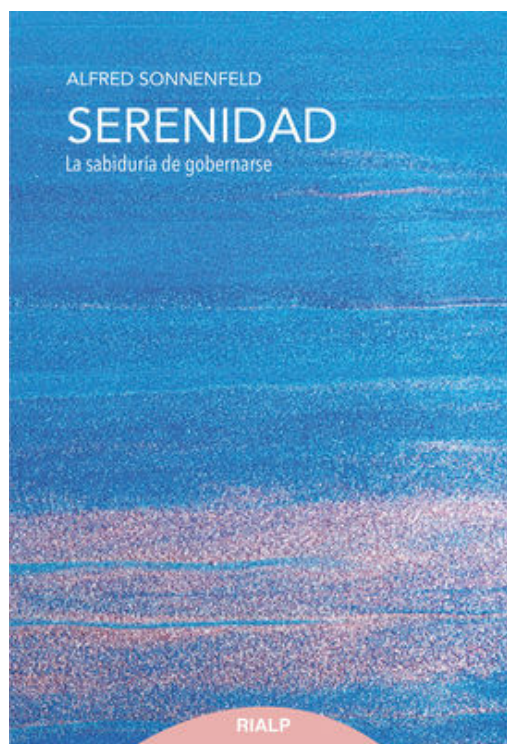


# Descargar libros Serenidad gratis (PDF | ePub | Mobi) Alfred Sonnenfeld DG Media



Nos mantenemos serenos cuando conservamos la calma en medio de la dificultad. ¿Cómo adquirir esa capacidad, cuando a diario nos asaltan urgencias e imprevistos que nos obligan a decidir y a veces nos exceden, generándonos estrés y ansiedad?

El autor anima a establecer prioridades, a desdramatizar y ver los inconvenientes de forma positiva, pero recuerda la estrecha vinculación que existe entre serenidad y felicidad: la persona feliz, con una vida afectiva equilibrada, mantendrá más establemente una actitud serena. Para ello se apoya en los últimos conocimientos de la neurobiología, que aportan pautas certeras para aprender a vivir con serenidad.

<b>Title</b>	:	Serenidad
<b>Author</b>	:	Alfred Sonnenfeld
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