

Leggere Essere Felici Controvento Ebook Gratuito PDF/EPUB/mobi - Rafael Lorite Santandreu



leggere Essere felici controvento Ebook gratuito PDF/EPUB/mobi Rafael Lorite Santandreu , IL METODO SANTANDREU PER UNA MENTE PIÙ FORTE E UNA VITA PIÙ PIENA

La psicologia cognitiva è considerata dalla maggior parte dei professionisti della mente e dai loro pazienti una delle forme di terapia più efficaci. Uno dei suoi esponenti più noti, lo spagnolo Rafael Santandreu, ce ne offre una versione originale e accessibile a tutti. Le nevrosi che tormentano la nostra esistenza (stress, depressione, timidezza...), le preoccupazioni e le ansie sono semplicemente il risultato di una visione errata della realtà, che possiamo cambiare in modo definitivo. Passo per passo capiremo come sfruttare e non subire le circostanze, superare la paura della morte e della malattia, l'ansia del rendimento sul lavoro, le cattive abitudini e i conflitti, ma anche come prenderci cura di noi.

Il famoso psicologo spagnolo ci insegna un metodo semplice in tre passi per superare qualsiasi ansia e paura, accrescere la propria forza emotiva e raggiungere la serenità:

1. Rivolgersi verso l'interno (cercare il benessere dentro di noi)
2. Imparare a camminare leggeri (saper rinunciare alle cose)
3. Apprezzare ciò che ci circonda (imparare ad appassionarsi alla vita)

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