



# CULTIVA LA FELICIDAD (Spanish Edition)

*RICK HANSON*

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# CULTIVA LA FELICIDAD (Spanish Edition)

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## **CULTIVA LA FELICIDAD (Spanish Edition) RICK HANSON**

Tu cerebro es, con mucho, el órgano más importante del cuerpo, y lo que sucede en él determina lo que piensas y sientes, dices y haces. Este libro trata de algo muy sencillo, y es el poder oculto que tienen las experiencias positivas cotidianas de cambiar tu cerebro -y por tanto tu vida- para mejor. En él te enseñaré a convertir los momentos buenos en algo que pondrá a tu cerebro rebosante de felicidad, fuerza, tranquilidad, paciencia y confianza. No me refiero a los momentos inusitados y excepcionales; estoy hablando de transformar las experiencias fugaces en mejoras duraderas de tu patrimonio neuronal. Vas a aprender a incorporar la felicidad a tu cerebro, a tu mente y a tu vida. Vas a aprender a cultivar la felicidad.

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