



Ser feliz es fácil (Spanish Edition)

Franco Bianchi, Rosella Panigatti

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Un hombre de gran éxito, que ha llegado a ocupar en estos últimos años los cargos más importantes del Estado, cuando le preguntaron sobre el secreto de su extraordinario éxito, respondió: «Pienso de manera positiva». Pero, ¿cómo se consigue desarrollar una actitud mental positiva? Es necesario adquirir confianza en uno mismo corrigiendo la propia autoimagen, que seguramente no será demasiado fiel a la realidad porque, para nosotros, la realidad es lo que pensamos. Debemos evitar que las ideas obsesivas nos bloqueen; no debemos juzgarnos mal, sino aprender a aceptarnos y a querernos. Si no lo hacemos nosotros, ¿cómo podrán hacerlo los demás? Lo imposible no existe. Este libro le enseñará a ser el artífice de su vida y a lograr la felicidad. Aquí encontrará todos los ejercicios que deberá hacer para aprender a corregir los aspectos de su personalidad que no le gustan, pero también para curar el dolor de cabeza y el de estómago, para adelgazar, para tener éxito, etc. Un libro capaz de transmitirle entusiasmo, confianza en la vida, ganas y valentía para atreverse a hacer lo que desea, energía e impulso vital. Un libro distinto de todos los demás, un poderoso empujón hacia la afirmación de uno mismo y hacia la evolución espiritual.

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