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LAS TRAMPAS DE LA FELICIDAD / HAPPINESS TRAPS: LAS 9 TRANSFORMACIONES PARA LA CIENCIA DEL BIENESTAR INTEGRAL (PAPERBACK)

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Grijalbo, Mexico, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book. Segun la tesis de la psicologa Sonja Lyubomirsky, autora de diversas teorias sobre la psicologia de la felicidad, el estado de bienestar se determina 40 por la actitud de la persona, 50 por la genetica y 10 por el medio. Asi, siguiendo la teoria, buena parte de la responsabilidad de como nos va en la vida esta en nuestras manos. Entonces por que nos cuesta tanto trabajo vivir en armonia? Bienestar 360 nos da las pautas para atrevernos a ser congruentes, a sentirnos plenos. Armando, nuestro personaje de esta historia, es un especialista en Bienestar Integral. Una noche, antes de ir a dormir, recibe una llamada de un paciente. Este le ha hecho una pregunta. Mas bien, LA pregunta, misma que lo deja pensativo y que desde ese momento se convertira en el hilo de toda la historia. Aunque en el transcurso de cada capitulo nuevas dudas le surgiran y por ende nuevas respuestas, el personaje ira descubriendo sus prisiones, sus resistencias. Se sentira como en una ciudad sitiada, en la que ESA respuesta que esta buscando se le escapa de las manos. Sin embargo, poco a poco, conforme avanza entre ejercicios, anecdotas y consejos, Armando ira construyendo la respuesta que le permitira vivir en bienestar integral. ENGLISH DESCRIPTION: According to Sonja Lyubomirsky s thesis, psychologist and author of several theories about the psychology of happiness, the state of wellbeing is determined 40 by one s attitude, 50 by genetics, and 10 by a mix. Thus, if we follow that logic, much of the responsibility for how we re doing in life is in our own hands. So why is it so hard for us to live together in harmony? Wellness 360 gives us the guidelines to be congruent...

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