



O Habito da Felicidade (Portuguese Edition)

Tsering Paldron

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Numa sociedade obcecada com a felicidade e, paradoxalmente, extremamente infeliz, a ideia, cada vez mais difundida, de que a felicidade é uma escolha pode levá-lo a crer que basta carregar num botão para que, de imediato, comece a ver “o copo meio cheio” e a sua vida se encha de alegria. A realidade é um pouco diferente. Para alguns de nós, trata-se de mudar padrões de comportamento negativos que, por vezes, nos acompanham há anos e nos mantêm num estado de espírito constantemente angustiado e tenso. Por isso, embora a felicidade seja uma escolha, até que ela se torne possível, temos de reconhecer esses padrões e adquirir a liberdade de os mudarmos. Depois, graças a uma higiene de vida saudável e equilibrada e o desenvolvimento de valores humanos, reunimos condições para que esses novos padrões se tornem habituais, substituindo definitivamente os negativos. É o que este livro o ensina a fazer

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