



Mindfulness para la felicidad (Spanish Edition)

Ruth Baer

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Cuando lo termines, te sentirás vivo y completo, como si hubieras llegado a casa y estuvieras encantado de estar allí. Un camino que vale la pena tomar... y un libro que merece la pena leer. “ Steven C. Hay, profesor fundador de la Universidad de Psicología de Nevada -La obra sobre mindfulness más accesible hasta el momento. -Aplicado a mil y una situaciones cotidianas, el mindfulness o la capacidad de atención al momento presente es la clave para afrontar los problemas con serenidad. -La autora es una de las psicólogas de referencia en su ámbito. El manual definitivo sobre la práctica que está revolucionando la psicología y la neurología: el mindfulness o presencia. En el complejo mundo actual, el mensaje se ha convertido en una exigencia: sé feliz. Un imperativo tan ambicioso que la búsqueda de la felicidad acaba siendo fuente de ansiedad y frustración. Ruth Baer, profesora de psicología e investigadora de renombre internacional, propone un enfoque distinto: olvidarse de la felicidad como destino para considerarla una forma de viajar. Desde esta perspectiva, contamos con una herramienta valiosísima para poner en práctica, hoy mismo, la felicidad: el mindfulness o presencia. La autora ha creado una obra cálida, práctica y accesible para experimentar el poder de transformación del mindfulness en la vida cotidiana. Paso a paso, aprenderemos a poner freno a las pautas dañinas de pensamiento (ideas repetitivas, autocrítica, evasión...). A prevenir los estados que conducen al estrés, la ansiedad y la depresión. A estar en contacto con lo que de verdad importa: nuestros valores y objetivos. Y a experimentar, en suma, mayor sensación de propósito y satisfacción.

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