

Objetivo Felicidad 270984

La Naturaleza de La Felicidad La auténtica felicidad Cómo Salir del Pozo Felicidad Happiness La auténtica felicidad Hacia la Felicidad Desmond Morris
Martin E.P. Seligman Andrés Oppenheimer S. Plantijn Mentas Libres Martin E. P. Seligman Jorge Torelli

La Naturaleza de La Felicidad La auténtica felicidad Cómo Salir del Pozo Felicidad Happiness La auténtica felicidad Hacia la Felicidad *Desmond
Morris Martin E.P. Seligman Andrés Oppenheimer S. Plantijn Mentas Libres Martin E. P. Seligman Jorge Torelli*

en este libro seligman nos provee de las herramientas para identificar nuestros aspectos más positivos y desarrollarlos a fin de mejorar sensiblemente nuestra vida y las de los que nos rodean en lugar de centrarse como la psicología tradicional en el estudio y tratamiento de la enfermedad mental la psicología positiva pone el foco en las fortalezas humanas las que nos permiten aprender disfrutar ser alegres generosos solidarios y optimistas el doctor martin e p seligman eminente investigador de la psique humana y fundador de esta corriente científica sostiene que la auténtica felicidad no sólo es posible sino que lejos de depender de la suerte y de los genes puede cultivarse identificando y utilizando muchas de las fortalezas y rasgos que ya poseemos opinión por fin la psicología se toma en serio el optimismo la diversión y la felicidad daniel goleman autor de la inteligencia emocional

según estudios de estados unidos las personas felices viven entre seis y diez años más que las no felices una ola de descontento recorre el mundo y cada vez menos personas se sienten verdaderamente felices las encuestas revelan un aumento constante de la insatisfacción el estrés y la depresión a nivel global qué está sucediendo por qué los niveles de infelicidad alcanzan récords preocupantes cuáles son las últimas innovaciones de países empresas escuelas y la ciencia para revertir esta tendencia y aumentar la felicidad andrés oppenheimer explora este fenómeno global y ofrece nuevas perspectivas para salir del pozo de la insatisfacción a través de una exhaustiva investigación en diversos países concluye que el crecimiento económico el parámetro que usamos para medir el progreso es necesario pero no suficiente para aumentar la felicidad hay otros factores como la pérdida de comunidad la carencia de propósito y la adicción a las redes sociales que están alimentando la desesperanza sin embargo lo más interesante es que están surgiendo soluciones concretas y accesibles para aumentar la satisfacción de vida a lo largo de esta reveladora y entretenida obra los lectores se sumergirán en la nueva ciencia de la felicidad basada en evaluaciones de impacto respaldadas por evidencias sólidas así oppenheimer amplía el concepto de progreso y comparte novedosas estrategias para combatir la infelicidad en los países las empresas y las escuelas nos cuenta sobre las escuelas de la felicidad que visitó en india los recetadores sociales que entrevistó en el reino unido y los grupos de voluntarios con los que habló en dinamarca finlandia y bután he aquí un libro inspirador que transformará todo lo que siempre creímos sobre la felicidad

if you are going through situations of stress sadness negative emotions if you think you are feeling unhappy and attracting unpleasant events then this book will be your bible to the path of happiness and wellness the world is changing the way we relate to others or even ourselves is constantly changing emotions and feelings will also be transformed according to the needs and desires we will have throughout our existence you will find some techniques 1 what is true happiness 2 tips to empower yourself and go in search of your happiness 3 the good and bad of

the empowerment of happiness 4 main ingredients for true happiness happiness is in your being

la nueva psicologia positiva revolucionara el concepto de felicidad y senala el camino para conseguirla el doctor martin seligman el investigador de la psique humana que hace una decada creo el concepto de optimismo aprendido presenta ahora una nueva y revolucionaria corriente cientifica la psicologia positiva en lugar de centrarse como la psicologia tradicional en el estudio y tratamiento de la enfermedad mental la psicologia positiva dirige su atencion a las fortalezas humanas a aquellos aspectos que nos permiten aprender disfrutar ser alegres generosos serenos solidarios y optimistas basandose en innovadoras investigaciones seligman sostiene que la autentica felicidad no solo es posible sino que lejos de depender de la suerte y de los genes puede cultivarse identificando y utilizando muchas de las fortalezas y rasgos que ya se poseen aplicando estas fortalezas personales en los ambitos cruciales de la vida los lectores no solo desarrollaran protecciones naturales contra el infortunio la depresion y las emociones negativas sino que situaran sus vidas en un plano nuevo y mas positivo el libro proporciona una serie de tests que permiten al lector reconocer sus rasgos y fortalezas caracteristicos la leccion mas trascendente de la autentica felicidad estriba en que al identificar lo mejor de nosotros mismo y desarrollar esos aspectos podemos mejorar sensiblemente nuestra vida y la de cuantos nos rodean

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