



# Las gafas de la felicidad: Descubre tu fortaleza emocional (Spanish Edition)

*Rafael Santandreu*

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**Las gafas de la felicidad: Descubre tu fortaleza emocional (Spanish Edition)** Rafael Santandreu

**Las infalibles soluciones de Rafael Santandreu para superar los complejos y los problemas que dificultan y amargan la vida de tantas personas.**

Rafael Santandreu es uno de los psicólogos más prestigiosos de España. Está especializado en ayudar a las personas a desarrollar su fortaleza emocional. A través de su método, miles de personas han conseguido perder sus miedos de forma permanente.

«Este libro pretende convertirte en una persona mucho más fuerte y feliz. Aglutina todos los mecanismos que conoce la psicología moderna para transformarnos. Personalmente no soy fan de los libros de autoayuda, excepto de aquellos basados en la evidencia. Aquí te ofrezco solo herramientas de comprobada eficacia y te aseguro que el 80% de los pacientes que han seguido mi combinación terapéutica han dejado completamente atrás la depresión, la ansiedad, las obsesiones y los miedos exagerados.»

**Rafael Santandreu**

**Ahora te toca a ti descubrir las lentes que te enseñarán a graduar tu corazón y tu mente.**

**¡Ponte las gafas de la felicidad!**

## **La crítica ha dicho...**

«Lean este libro, por favor. Se lo recomienda un médico que percibe el stress actual a través de los poros de la gente.»

Santiago Dexeus, médico

«Sencillamente magnífico. Esta filosofía realmente ayuda a mejorar como persona.»

David Ferrer, tenista profesional

«El psicólogo Rafael Santandreu aporta, con *Las gafas de la felicidad*, una herramienta con la que cambiar la perspectiva del día a día.»

*Diario de Burgos*

«Un método práctico, accesible, comprobado y exitoso para aprender a superar con éxito los problemas y los complejos más comunes que pueden llegar a limitar seriamente nuestras vidas.»

*Expansión*

«Una obra que, con lenguaje claro, habla de superar complejos, bajarse la ansiedad, perder el miedo al dolor, apreciar las delicias de la soledad, convertir la vida en algo muy interesante...»

*Las provincias*

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