



Nuestra incierta vida normal (Spanish Edition)

Luis Rojas Marcos

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Claves para neutralizar los sentimientos paralizantes de inseguridad que socavan nuestra paz interior y reducen nuestro nivel de satisfacción.

En estos tiempos, los sentimientos de aprensión, duda, miedo y fragilidad parecen haberse convertido en ingredientes permanentes de «nuestra nueva vida normal». No pocos nos encontramos andando inconscientemente con los dedos cruzados intentando mantener el delicado balance entre la esperanza que nos alienta y el miedo que nos perturba.

El prestigioso psiquiatra Luis Rojas Marcos, en el deslumbrante ejercicio de sencillez y rigor que caracteriza toda su obra, nos presenta las claves para neutralizar los sentimientos paralizantes de inseguridad y desasosiego que socavan nuestra paz interior y reducen nuestro nivel de satisfacción con la vida en general.

En estas páginas, nos recuerda, en suma, que la capacidad de superación del ser humano no es un mito, ni un don divino, ni un misterio, sino una habilidad muy real, un atributo congruente con las ganas de vivir y que tenemos la obligación y el derecho de recuperar.

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