



Da vuelta tu cabeza (Spanish Edition)

Gustavo Bedrossian

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¿Es nuestra mente una socia en el desarrollo de nuestra felicidad? ¿O a veces es nuestra peor enemiga?

Para Gustavo Bedrossian, cuidar nuestra mente y nuestros pensamientos es fundamental. Pensar bien cambia nuestro estado de ánimo, nos permite percibir con mayor claridad a los demás y a las distintas situaciones con las que nos enfrentamos a diario. Cuando lo hacemos correctamente nos comunicamos y relacionamos mejor, tomamos conciencia de nuestros recursos, aumentamos las chances de lograr objetivos, somos más creativos, tomamos decisiones con mayor precisión y nos convertimos en personas de acción.

No cuidar los pensamientos es una forma indirecta de asesinar tus esperanzas, sueños, capacidades, relaciones. Da vuelta tu cabeza nos brinda una herramienta para que tu mente sea la principal socia en el desarrollo de tu felicidad, una herramienta que te permita pensar en forma más saludable.

"Este no es un libro para victimizarse. Más bien, es un libro para desafiarte.

Puedes vivir mejor. Pero para que esto suceda, necesitas cuidar a diario los pensamientos que transitan por tu mente. Vivir y pensar bien no depende de alguna fórmula mágica. Requiere de tu cuidado diario. Por lo tanto, amigo, comencemos..." Gustavo Bedrossian.

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