



Vacuna anticrisis (Spanish Edition)

Verónica Corba

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Todos en algún momento vivimos una o más crisis. Podemos negarlas, ocultarlas o postergar el momento en el que tomamos conciencia de ellas, pero no desaparecen por sí solas, a menos que hagamos algo al respecto. Este libro tiene como objetivo ajustar las creencias propias y las formas de percibir las crisis, con el propósito de usar la energía movilizada ante las adversidades, canalizándola hacia proyectos o compensaciones que de otra manera no se activarían, a favor de una evolución, un cambio y un nuevo desarrollo personal.

La premisa principal de la autora es que los momentos difíciles en la vida de las personas no se hacen esperar, por eso, cuanto mejor se prepare uno para superar los problemas que surjan mejor y más rápido se podrá salir. Es decir, debemos contar siempre con un "Plan B", con una "vacuna anticrisis", para afrontar las consecuencias de las cosas que no suceden tal cual lo deseamos.

A través de la Teoría de las compensaciones, Verónica Corba provee una serie de técnicas prácticas y de excelentes resultados para superar momentos de crisis.

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