



# Con rumbo propio (Actual) (Spanish Edition)

*Andrés Martín Asuero*

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Este libro aborda la reducción del estrés desde una perspectiva accesible, aportando ejemplos y aplicaciones de la vida cotidiana. Además de las explicaciones sobre el estrés, sus causas y consecuencias, el entrenamiento MBSR proporciona ejercicios para aprender a «parar y ver antes de actuar», relajarse y desconectar, desarrollar flexibilidad o desprenderse de esas emociones negativas que acumulamos en los «días negros» de la vida.

Con rumbo propio es un libro para reflexionar sobre la vida y sobre cómo vivirla con mayor plenitud. Un libro que anima a tomar el timón para marcar ese rumbo que nos permita recuperar el equilibrio personal y la soberanía sobre la propia vida.



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