



# Este libro te hará feliz (No Ficcion (roca)) (Spanish Edition)

*Jessamy Hibberd, Jo Usmar*



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Todos experimentamos periodos de tristeza, de frustración y falta de energía. Sin embargo, ignorar el problema o seguir adelante sin más puede llegar a afectar a todas las áreas de la vida de una persona. En tus manos tienes una ayuda: este pequeño libro te enseñará a darle la vuelta a los pensamientos y sentimientos negativos y a convertirte en una persona más feliz y segura de sí misma.

La doctora Jessamy Hibberd y Jo Usmar se basan en las últimas investigaciones de terapia cognitiva y en la psicología moderna para proporcionarte técnicas probadas y ejercicios prácticos que te ayudarán a combatir los periodos de depresión y, lo que es más importante, a aumentar tu felicidad, tu salud y tu autoestima.



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