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Jessamy Hibberd, Jo Usmar

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La vida en el siglo XXI es dura: las nuevas tecnologías, cambios constantes, tener que elegir entre miles de opciones... Todo va añadiéndose a nuestros niveles de estrés. Y cuando estamos cansados y estresados aumentan nuestras inseguridades, con lo que nos da la impresión de que romper ese círculo vicioso es imposible. En tus manos tienes la ayuda que necesitas: este libro te enseñará a combatir el estrés y a ser más positivo, a estar más relajado y a ser más productivo.

La doctora Jessamy Hibberd y Jo Usmar se basan en las últimas investigaciones de terapia cognitiva y en la psicología moderna para proporcionarte estrategias para hacer frente al estrés y la ansiedad de manera efectiva y con rapidez. Sus técnicas para reducir la preocupación, aprender a respirar y centrar la atención harán que ganes serenidad y seguridad y te libres del estrés.

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