



Los mitos de la felicidad (Crecimiento personal) (Spanish Edition)

Sonja Lyubomirsky

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Sonja Lyubomirsky es, seguramente, la persona que más sabe en el mundo sobre la felicidad y también la que mejor ha sabido transmitir al público la ciencia que rodea este tema apasionante. Conocida en todo el mundo por sus trabajos sobre psicología positiva, vuelve con un nuevo libro divulgativo, en el que desmonta uno tras otro los grandes mitos y falacias sobre la felicidad. Seré feliz cuando encuentre al hombre adecuado, cuando tenga hijos... O no puedo ser feliz si no tengo pareja, si los mejores años de mi vida han quedado atrás... Con el rigor científico que otorgan más de veinte años de investigaciones, la doctora Lyubomirsky demuestra, caso por caso, que casi nunca aquello que más deseamos nos hace felices cuando lo conseguimos y que, en cambio, las adversidades a menudo contribuyen a nuestra felicidad, al obligarnos a evolucionar, a desarrollar la creatividad y la personalidad. Un título destinado a convertirse en una obra de referencia, firmado por una de las psicólogas más preeminentes de nuestro tiempo.

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