



Ser feliz es fácil (Spanish Edition)

Clemente García Novella

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La felicidad ¿se puede aprender? En palabras de Clemente García Novella, sí. En Ser feliz es fácil, el autor se centra en aquel aspecto de nuestra felicidad que solo depende de nosotros. De la clase de persona que consigamos ser.

De nuestra actitud amable o no hacia los otros y hacia el mundo. De nuestra capacidad para disfrutar de los pequeños momentos y los placeres sencillos.

Para ser feliz no basta con esperar pasivamente: hay que actuar. El gran paso para ser más felices será aceptar que somos los responsables de nuestro propio bienestar. Y es de esa responsabilidad de la que se habla en este libro.

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