



La escafandra del optimista: Un kit de supervivencia para tiempos difíciles (Spanish Edition)

Allan Percy

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Los optimistas poseen un blindaje especial que los protege contra las dificultades: con la serenidad que proporciona una inmersión en el silencio del océano, quien piensa en positivo es capaz de actuar al margen del desánimo y de encontrar soluciones en aguas revueltas. Este libro explica cómo adquirir ese blindaje, la escafandra del optimista, además de procurar al lector un «kit de supervivencia» en el que se incluyen los siguientes instrumentos: -#Un antídoto para cada idea pesimista, a la cual se ante pone una idea optimista para afrontar la situación. -#Una galería de personajes que demuestran con su ejemplo cómo una actitud positiva rompe todas las barreras. -#Consejos y estrategias para ver el vaso «medio lleno» y llenar incluso la otra mitad. -#Un anexo sobre las endorfinas, la nieve de San Juan y otros amigos del optimismo.

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