



Aprenda optimismo: Haga de la vida una experiencia maravillosa (Spanish Edition)

Martin Seligman

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Aprende a superar tu pesimismo y transforma definitivamente tus pensamientos negativos.

¿Es usted optimista o pesimista? ¿Cómo se siente si un amigo le dice que hiere sus sentimientos? ¿Con qué frecuencia se embarca en nuevos e interesantes proyectos o celebra sus éxitos?

El psicólogo Martin E. P. Seligman -uno de los expertos mundiales en la llamada psicología positiva- le enseña ahora a explorar una nueva visión de la vida con un «optimismo flexible». En esta guía, basada en veinte años de investigación clínica, el doctor Seligman presenta técnicas sencillas de aplicar que ya han ayudado a miles de personas a superar su pesimismo y la tristeza que acompaña a los pensamientos negativos.

Aprenda optimismo contiene asimismo tests que le revelarán cuáles son sus niveles de optimismo y pesimismo en la actualidad, así como técnicas garantizadas para transformar definitivamente los pensamientos negativos y desembarazarse del sentimiento de derrota.

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