



Mindfulness eficaz (Gestión del conocimiento) (Spanish Edition)

Gill Hasson

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Un pequeño libro que contiene más de 100 prácticos ejercicios y consejos para controlar el estrés, recuperar la calma y ser más productivos. Este libro le ayudará a:

- Relajarse y aclarar sus objetivos para dirigirse hacia ellos en forma más calmada.
- Mejorar su habilidad para relacionarse con las demandas y ansiedades de otras personas.
- Liberarse de pensamientos inconducentes y de patrones mentales negativos.
- Mejorar su percepción de la realidad y ver cómo modificarla.

Si siente que la ansiedad y el estrés le están jugando una mala pasada, los consejos de este breve libro, le permitirán recuperar la calma y enfocar mejor hacia sus objetivos.

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