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No te ahogues en un vaso de agua: los pensamientos de oro (The Don't Sweat Affirmations) (Spanish Edition)

Richard Carlson

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These peaceful, beautifully written affirmations are simple statements that hold a big impact. Readers who repeat only several affirmations a day will find their lives becoming more calm and less frantic immediately.

Description in Spanish:

El estrés cotidiano y las emociones que nos dejan los malos momentos que vivimos pueden hacer que nuestra vida se torne pesada, dolorosa e incluso angustiante. En estas circunstancias es fácil caer en un círculo vicioso en donde el malhumor, la depresión y la fustración nos acompañan constantemente. No siempre es fácil liberarnos de este tipo de estados de ánimo.

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