



Domestica tu mente (PSICOLOGÍA) (Spanish Edition)

Ruby Wax

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"Pese a que he pasado por la montaña rusa de la depresión durante gran parte de mi vida adulta, este libro no está dirigido sólo a individuos depresivos. En la actualidad, una de cada cuatro personas está mentalmente desequilibrada. Yo me considero esa una de cada cuatro personas, pero este libro está pensado para cuatro de cada cuatro: es decir, para todo el mundo, pues considero que todos compartimos las mismas vicisitudes: sufrimos, reímos, nos enfurecemos, nos quejamos; todos somos vulnerables, y tras nuestras duras fachadas, somos unas frágiles criaturas". La autora Ruby Wax, humorista, escritora y activista en defensa de la salud mental, nos muestra con precisión de qué modo nuestras críticas internas actúan incesantemente sobre nuestro circuito mental, de forma que nuestra mente puede llegar a hacernos enloquecer. En esta obra la autora nos ayuda a comprender por qué motivos sabotamos nuestra cordura, cómo funciona nuestro cerebro y cómo podemos reconfigurar nuestra forma de pensar -a menudo a través de las sencillas técnicas de mindfulness-, para encontrar la calma en el frenético mundo que nos rodea. Es éste un libro que te ayudará a convertirte en amo, y no en esclavo, de tu mente. Un manual para llevar una vida más equilibrada, completa y feliz.

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