



Por qué sufro cuando sufro?

By González Vallés, Carlos

SALTERRAE, 2009. Condition: Nuevo. El sufrimiento es condición humana universal, pero la manera como reaccionamos frente a él es particularidad personal. Ya que muchas veces no podemos cambiar las circunstancias dolorosas, sí podemos al menos mejorar nuestra actitud ante acontecimientos inevitables y suavizar con sabiduría el impacto del dolor. Dos personas reaccionan de manera diferente ante desgracias parecidas, y nosotros mismos a veces sufrimos más por auténticas nimiedades que por cosas realmente importantes. El efecto del golpe depende en gran parte de quien lo recibe. Ésa es la trayectoria de este libro, que combina lecciones de psicología sana con experiencias de interioridad vividas en la esperanza de reducir penalidades diarias y alegrar la vida de quienes estamos llamados a ser testigos de la alegría en un mundo que la necesita imperiosamente. CARLOS GONZÁLEZ VALLÉS es autor de Viviendo juntos (8ª ed.); Caleidoscopio (5ª ed.); Dejar a Dios ser Dios (12ª ed.); Por la fe a la justicia (6ª ed.); Saber escoger (10ª ed.); Busco tu rostro (15ª ed.); Ligerero de equipaje (19ª ed.); Gustad y ved (7ª ed.); "Al andar se hace camino" (8ª ed.); Salió el sembrador. (5ª ed.); Vida en abundancia (4ª ed.); Te quiero, te odio (7ª...



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