



Lo que me gusta de mí (Crecimiento personal) (Spanish Edition)

David R. Hamilton

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• Una guía de autoayuda sencilla y accesible para ganar seguridad y confianza en uno mismo. • El autor entrelaza anécdotas de su propia vida, explicaciones teóricas y ejercicios prácticos ideados para alcanzar un mayor sentido de la felicidad y de bienestar general. • Basado en los principios de la neurociencia, una obra imprescindible para transformar la percepción que tenemos de nosotros mismos.

Aprender a amarse a uno mismo constituye la tarea más importante –y en apariencia más difícil– que nos plantea la vida. Querernos tal como somos no solo nos garantiza una existencia más plena, saludable y feliz; también transforma nuestro entorno y nos convierte en un ejemplo sano para las siguientes generaciones.

A partir de esta premisa, David R. Hamilton, conocido por sus libros sobre la capacidad de la mente para influir en la materia, llega con una original propuesta: convertir el amor a uno mismo en un proyecto vital. El aspecto más interesante de este libro radica en su perspectiva científica: el doctor Hamilton recurre a sus conocimientos de neurociencia para proponer técnicas contrastadas que transformarán la percepción que tenemos de nosotros mismos.

La autoestima es una condición natural del ser humano. Por eso, cambiar el “no doy la talla” por un “me gusta tal como soy” está al alcance de todos. David R. Hamilton nos enseña a utilizar nuestra mejor herramienta para conseguirlo: la plasticidad neuronal.

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