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Felicidad: Una meta alcanzable (Spanish Edition)

Jaime Antonio Marizán

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De acuerdo a lo que hemos aprendido, se supone que cuando adquirimos algunos objetos o alcanzamos determinadas metas seremos felices. Estos objetos podrían ser dinero, autos, inmuebles y otros. Las metas podrían ser tener hijos, una pareja, viajar, posición social, adquisición de conocimientos.

Sin embargo, en muchas ocasiones adquirimos bastante de estos bienes y alcanzamos grandes metas, aunque la felicidad permanece esquiva, todavía como un sueño que no se realiza.

Felicidad, una meta alcanzable es el resultado de cientos de conferencias y seminarios en donde se analizó ampliamente el cómo ser feliz y el resultado de estas reflexiones se han condensado en estas líneas.

La premisa fundamental del libro es que la felicidad se construye, es un evento que puede determinarse, aunque es necesario capacitarse para ser feliz, porque podrían llegar hasta nosotros los elementos propicios para que seamos inmensamente felices y, por carecer de la preparación mental y emocional, despreciarlos o simplemente no aprovecharlos.

Mediante la lectura comprensiva y práctica de este libro podrá:

* Construir momentos felices.

* Enriquecer su vida con componentes insospechados e ignorados.

* Conocer la fórmula de la felicidad.

* Amar la vida y disfrutarla.

* Desarrollar múltiples estrategias y acciones que construyen felicidad.

La Felicidad es la auténtica naturaleza del ser humano, lo hemos olvidado,
podemos construirla, este libro es un camino para empezar a recordar y empoderarnos de nuestro propio destino feliz.

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