



No te alteres: Consigue el bienestar personal (Spanish Edition)

María José Zoilo Guzmán

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Es verdad que la vida no es un camino de rosas, pero muchas veces uno solo hace una montaña de un grano de arena. En amenos capítulos llenos de humor y complicidad con el lector, María José Zoilo nos descubre que la solución a nuestras angustias cotidianas está en nuestro interior: si ponemos una dosis de ironía y de ingenio, las cosas pronto cambian de aspecto.

Además, este libro cuenta con la inestimable colaboración de una serie de personajes famosos -desde María Teresa Campos, Lola Herrera y Boris Izaguirre hasta Cristina Hoyos, Karlos Arguiñano o Antonio Banderas, entre otros- que confiesan a la autora sus debilidades, algo tan normal como aquellos momentos de felicidad que la vida, a pesar de todo, nos depara.

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