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Miguel Silveira

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«Un libro para animar a aquellos que creen que es imposible cambiar de manera de ser, a aquellos que quisieran pero no saben cómo ni qué deben hacer, para aquellos que no saben que podemos activar o desactivar algunos genes, que podemos conseguir cambiar a otras personas, aunque esto sea más difícil y para aquellos que no creen que podemos también cambiar el mundo a nuestro modo y en la parte que nos corresponda.» Miguel Silveira

«El cambio da frescura a la vida, da diversión y da entretenimiento. Si la vida fuese estable sería muy aburrida e insoportable. Por tanto, amigo lector, prepárate para saludarlo cada día.» Miguel Silveira

Cuando se trata de mejorar nuestras habilidades o adquirir otras nuevas lo suyo es introducir cambios en nuestra vida. Eso lo entiende todo el mundo. Lo que no todos entienden es que, cuando se trata de reducir o suprimir algunos sufrimientos, algo perfectamente legítimo, no se puede lograr si no es cambiando aquellos comportamientos nuestros que los producen. Creen que se puede hacer como por arte de magia, con unas técnicas cuasi milagrosas o con unos fármacos, sin embarcarse en la tarea de modificar conductas y actitudes. Por eso este libro les puede ser muy útil.

Miguel Silveira es psicólogo, especialista en Psicología Clínica desde hace más de veinte años. Cultiva el periodismo en temas referidos a psicología y salud tanto en revistas como en periódicos, así como en programas de radio y televisión. Su labor divulgativa le hizo merecedor del Premio de Comunicación en 1997 y del I Premio de Periodismo en 1998, ambos del Colegio Oficial de Psicólogos de Madrid. Ha sido miembro y secretario de la Asociación Española de Terapia de Conducta durante años y, actualmente, imparte seminarios sobre ansiedad, control emocional y estrés.

Como autor ha publicado entre otros, *Estrategias para vivir mejor* (1999), *El arte de las relaciones personales* (2003), *Vivir sin estrés* (2005), *Bienestar emocional* (2005), *El psicólogo de cabecera* (2007) todos ellos publicados en Alba Editorial.

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