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Fernando Alberca de Castro

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Los sentimientos juegan un papel insustituible en nuestra vida. Nos dan o quitan la fuerza para alcanzar lo que deseamos. Nos proporcionan personalidad, riqueza, capacidad de amar y ser amados. Sin ellos no podríamos desenvolvernos como seres humanos ni podríamos ser felices. Pero para llegar a la felicidad -y es posible- necesitamos desenredar la madeja de nuestra vida. Aprender a sortear las principales trampas que se presentan ante nuestros sentimientos, para evitarlas y acertar con la salida de nuestro laberinto. Un laberinto que recorreremos conforme vivimos. Por eso todo lo que nos sucede realmente importa. Saber aprovecharlo para nuestra paz y felicidad y la de los que queremos, es la esencia del éxito personal que tanto añoramos en nuestra cultura y tiempo. Pese a ello, nuestra sociedad a menudo emplea mapas equivocados para buscar la felicidad a través de los sentimientos. En este libro se explica cómo conseguir aprovechar nuestros sentimientos para que nos lleven al éxito que todos merecemos y necesitamos. Fernando Alberca, ha sido profesor y director de centros educativos en cuatro comunidades autónomas. Ha protagonizado con sus consejos consultorios radiofónicos y televisivos sobre relaciones afectivas y educación. Colaborador de medios de comunicación escritos, imparte conferencias y atiende un gabinete de asesoramiento sobre estímulo, motivación, relaciones afectivas y éxito educativo. Es autor de más de diez libros, en torno a la felicidad y la educación de los sentimientos, como Todos los niños pueden ser Einstein, 99 trucos para ser más feliz, Cuatro claves para que tu hijo sea feliz, ¿Quieres casarte conmigo?, La revolución necesaria, Guía para ser buenos padres y Las complicaciones del corazón.



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