



Algo que celebrar (Crecimiento personal) (Spanish Edition)

Lola Mayenco

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Apreciar los pequeños placeres de la vida cotidiana es la clave de la sabiduría y de la felicidad. Sin embargo, todos dejamos escapar cada día multitud de oportunidades para percibir las maravillas de nuestra existencia. Por suerte, hay una forma de atrapar estos prodigios que se escurren como arena entre los dedos: celebrándolos.

Para demostrarlo, la periodista Lola Mayenco nos acompaña en un fascinante recorrido por las fiestas más hermosas y significativas del mundo y descubriremos, por ejemplo, que el fin de año es una buena ocasión para dedicarnos a una transformación personal profunda; que recorrer las laderas de las montañas nos permite renovar nuestro vínculo con la naturaleza y que la mejor manera de recordar a los que se han ido es con sentido del humor y alegría.

De la mano de la autora también nos sumergiremos en la vida y la obra de algunos de los creadores y pensadores más fascinantes de todos los tiempos y comprobaremos que hay mil y una maneras de lograr que lo ordinario se vuelva extraordinario.

Gracias a una mezcla apasionante de rituales comunitarios y estrategias individuales aumentaremos nuestra capacidad para descubrir la belleza en el día a día. Tendremos nuevas ideas para pasar más y mejores momentos con la familia y los amigos. Tomaremos conciencia de que, por muy dura que sea nuestra vida, siempre hay algo que celebrar. Y recordaremos que el simple hecho de estar vivos, aquí y ahora, es ya una auténtica

fiesta. Disfrutémosla.

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