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O que falta para você ser feliz? (Portuguese Edition)

Dominique Magalhães

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NAS LISTAS DOS MAIS VENDIDOS DA VEJA!!!

Por que há tanta gente infeliz, estressada, ansiosa ou, o pior de tudo... apática?

Passando por casos reais – e que são comuns a todos nós –, a autora mostra que, apesar de todos acharmos que estamos buscando a felicidade, a grande maioria das pessoas sente um vazio interior difícil de sanar.

Para definir o que constrói a felicidade não faltam clichês. Os cartões de aniversário e as revistas falam de momentos únicos, lembranças de tirar o fôlego, experiências que constroem a alma e amigos que tocam direto no coração. Enquanto somos pressionados a ter tudo isso, mal conseguimos terminar o dia sem dar um suspiro de frustração. O que falta?

A autora lhe convida a uma jornada de autoconhecimento, questionando seus hábitos mais imperceptíveis e suas crenças estabelecidas. Assuma um compromisso consigo mesmo! Aceite o desafio e adote em sua vida o método criado para que você seja tudo aquilo que pode e merece ser. Encare o que falta para você ser feliz.

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