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Muchas personas se pierden las pequeñas alegrías esperando encontrar la gran felicidad.

Mitad género narrativo, mitad género de autoayuda, este libro descubrirá al lector, mediante capítulos cortos a modo de cartas, cómo centrarse en aquello que es realmente importante en la vida y cómo superar la adversidad y la tristeza. Con múltiples ideas y referencias a investigaciones que invitan a la reflexión, el libro también propone ejercicios al final de cada capítulo para que el lector pueda aplicar los consejos propuestos en su vida diaria.

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