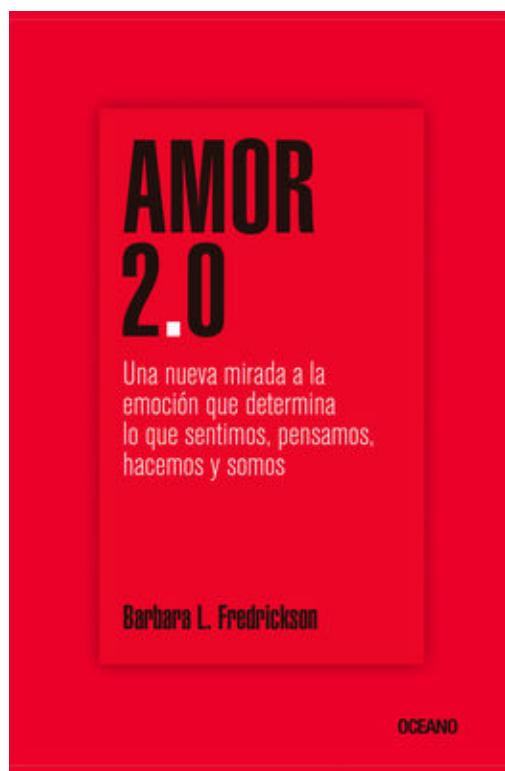


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"Una concepción radicalmente nueva del amor." The Atlantic

"Barbara Fredrickson nos revela, desde una perspectiva científica, las ventajas de ser afectuoso y sus beneficios para la salud [...]. Amor 2.0 es un manual fácil de usar para abrir nuestros corazones." Daniel Goleman, autor de Inteligencia emocional

Todos hemos escuchado la expresión "el poder del amor". Sin embargo, en este libro Barbara Fredrickson le da un nuevo y más profundo significado a estas palabras. Para la autora, el amor es la clave para mejorar la salud mental y física, así como para alargar nuestra vida. Ello se desprende de sus investigaciones clínicas, las cuales muestran que el amor -entendido no como ese sentimiento arrebatado de raíz romántica, sino como los "momentos de conexión significativa entre las personas"- es capaz de producir resultados sorprendentes sobre nuestro cuerpo y nuestra psique.

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