



Cómo ser feliz (y no perder la esperanza)How to Be Happy (or at Least Less Sad): A Creative Workbook (Spanish Edition)

Lee Crutchley

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Un cuaderno interactivo, un álbum, un diario íntimo... Este libro es todas estas cosas, y más. Te ayudará a superar los momentos difíciles, a ver las cosas desde otra perspectiva y a redescubrir los placeres cotidianos. Rellena estas páginas. Reirás. Llorarás. Y te sorprenderá la capacidad que tienes para ser más feliz.

Si estás triste, si tienes un momento de bajón, o si las mañanas en las que te cuesta afrontar el día se suceden más de la cuenta, Cómo ser feliz (y no perder la esperanza) te ayudará a levantar cabeza. Ningún libro puede resolver todos tus problemas, pero este te enseñará a ver las cosas desde una perspectiva más creativa. No te dará las respuestas, sino que permitirá que las encuentres tú solo y redescubras así lo positivo del día a día. A través de reflexiones, ideas y ejercicios sorprendentes y sencillos, sus páginas te brindarán consuelo, momentos entretenidos y la esperanza de un nuevo principio.

English Description

Author and illustrator Lee Crutchley brings his lively interactive approach to a little-discussed but very common issue: the struggle with depression and anxiety.

Through a series of supportive, surprising, and engaging prompts, HOW TO BE HAPPY (OR AT LEAST LESS SAD) helps readers see things in a new light, and rediscover simple pleasures and everyday joy...or at least feel a little less sad. By turns a workbook, trusted friend, creative outlet, security blanket, and secret diary, the pages of this book will offer solace, distraction, engagement, a fresh perspective, and hopeful new beginnings--for readers of all ages and walks of life.

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