



Per Essere Felici Ci Vogliono Le Palle! (Italian Edition)

Alessandro Cozzolino

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La felicità è come un muscolo: va allenata! E visto che tutto nasce nella nostra mente, allenarla mediante il Coaching a pensare e quindi ad agire in maniera diversa e più efficace, produce risultati diversi e più efficaci. Questo testo si rivolge a chiunque abbia voglia e curiosità di apprendere e comprendere di più su: cos'è la felicità, perché siamo infelici, cos'è il sano egoismo, quanto conta l'autostima, perché mentiamo, chi sono le "persone tossiche", quant'è importante la gratitudine e altri temi che incidono fortemente su quella forza così potente che da sempre attira ciascun essere umano, la felicità.

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