



La felicidad no es el objetivo (Plataforma Actual) (Spanish Edition)

Pep Marí

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Descubrir nuestras verdaderas necesidades para alcanzar la plenitud

Los seres humanos nos pasamos la vida persiguiendo objetivos y planteándonos retos. Entre todas estas metas existen algunas que no podemos dejar de buscar, anhelar, querer, que forman parte de nuestro ADN psíquico y vienen incorporadas de serie. Éstas son las necesidades psicológicas básicas de las personas.

Todos buscamos seguridad, confianza, aprobación, autoestima, realización personal y social. Este libro plantea un juego: “tú me dices qué necesidades tienes cubiertas y yo te digo cómo funcionas”. Además, el autor nos ayuda a descubrir nuestras necesidades psicológicas y explica los trucos para poder satisfacerlas.

De manera tan amena como en su anterior libro, Pep Marí nos guía en el camino para desarrollar todas las potencialidades contenidas en nuestro ADN psíquico. Convertirte en el pino más alto y frondoso que dadas las circunstancias podías llegar a ser.

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