



El código de la felicidad (Crecimiento personal) (Spanish Edition)

Peter Lambrou

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Todos estamos programados para vivir la vida en todo su esplendor. Todos estamos destinados a alcanzar nuestro máximo potencial. Sin embargo, la mayoría arrastramos una sensación difusa de malestar, que se expresa en forma de nerviosismo, miedo, inquietud, fracaso laboral o sentimental... Es lo que los doctores George Pratt y Peter Lambrou denominan "la niebla del sufrimiento", sentimientos e ideas, en parte subconscientes y en parte bioeléctricos, que empañan diversos aspectos de nuestra vida desde un dominio ajeno al pensamiento consciente, lógico y verbal..

Por primera vez, los lectores poseen la llave para acceder a ese dominio. Se llama psicología de la energía, un enfoque que utiliza técnicas innovadoras para desbloquear los centros energéticos del cuerpo que retienen la rabia, la culpa, el miedo y otros sentimientos negativos. Es el auténtico código de la felicidad, adaptado a un protocolo sencillo en cuatro pasos y avalado por deportistas de élite, actores, actrices, altos ejecutivos y más de 45.000 ciudadanos de a pie. Es tan sencillo como sorprendente. Y cambia la vida de las personas para siempre.

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