



Cómo cambiar de hábitos (Spanish Edition)

Miguel Florido

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Cómo cambiar de hábitos (Spanish Edition) Miguel Florido

Este libro está escrito por una persona inquieta por aprender más sobre sí mismo y sobre cómo progresar en la vida de la forma más efectiva. En este libro intento aportar una visión propia sobre el cambio de hábitos en base a mis experiencias personales, contrastando con experiencias de personas conocidas y tras leer sobre psicología, un poco sobre neurociencia, y lecturas de libros de autoayuda orientados a cambiar diferentes aspectos personales. La idea y el esfuerzo ha estado en escribir un libro basado en ejemplos y con textos amenos y fáciles de entender. La intención ha sido hacerlo sencillo para que te sirva de ayuda. Lo que vas a encontrar en este libro es una definición ampliada de hábito, explicaciones sobre la influencia en nuestras vidas y estrategias para detectar y cambiar malos hábitos.

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