



O que falta para você ser feliz? (Portuguese Edition)

Dominique Magalhães

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NAS LISTAS DOS MAIS VENDIDOS DA VEJA!!!

Por que há tanta gente infeliz, estressada, ansiosa ou, o pior de tudo... apática?

Passando por casos reais – e que são comuns a todos nós –, a autora mostra que, apesar de todos acharmos que estamos buscando a felicidade, a grande maioria das pessoas sente um vazio interior difícil de sanar.

Para definir o que constrói a felicidade não faltam clichês. Os cartões de aniversário e as revistas falam de momentos únicos, lembranças de tirar o fôlego, experiências que constroem a alma e amigos que tocam direto no coração. Enquanto somos pressionados a ter tudo isso, mal conseguimos terminar o dia sem dar um suspiro de frustração. O que falta?

A autora lhe convida a uma jornada de autoconhecimento, questionando seus hábitos mais imperceptíveis e suas crenças estabelecidas. Assuma um compromisso consigo mesmo! Aceite o desafio e adote em sua vida o método criado para que você seja tudo aquilo que pode e merece ser. Encare o que falta para você ser feliz.

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Playing with family in the park, coming to see the ocean world or hanging out with pals is thing that usually you may have done when you have spare time, after that why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love O que falta para você ser feliz? (Portuguese Edition), you could enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't have it, oh come on its named reading friends.

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