



Niños optimistas (Spanish Edition)

Martín E.P. Seligman

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Aprende a detectar la aparición de actitudes pesimistas y, sobre todo, cómo combatirlas.

Esta obra define las raíces del optimismo en el niño, enseña a detectar la aparición de actitudes pesimistas y, sobre todo, muestra cómo combatirlas con un programa que fomenta la autoestima a través de los juegos, la reflexión y la sinceridad. Además, explica cómo estas técnicas no solo fomentan el optimismo, sino que mejoran la salud, las notas y, en definitiva, el desarrollo del niño, preparándolo para ser un adulto feliz.

«Este libro representa una lectura imprescindible para todos los que, interesados por no perder el rumbo, se saben decididos a seguir creciendo en armonía con el mundo que nos rodea, sosteniendo, a pesar de las críticas, su mirada optimista hacia la vida.»

JORGE BUCAY

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