



Mensaje en el Metro de Nueva York: Basta de sufrir - mate la Depresion (Spanish Edition)

humberto fernandez faccini

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El cerebro está recibiendo en forma permanente diferentes tipos de mensajes. Una parte de estos son tristes y pueden ser fuente de angustia y dolor. Esta situación anímica da paso al estrés que afecta la calidad de vida de las personas. En algunos casos, como sucede en quienes carecen de resistencia a este flagelo, es decir, el 10 por ciento de la población, puede causar desequilibrios y crisis depresivas. Sin embargo, es justo aceptar, que la gente necesita para vivir y adelantar sus tareas diarias, alguna dosis de ansiedad. Sin algo de angustia, las personas podrían ser presa de la confusión y el desaliento. El fin a buscar es el logro del equilibrio emocional. Es preciso aprender a recargar las neuronas y, dentro de estas, a los neurotransmisores de la felicidad. Los momentos de bonanza, cuando se recibe información positiva, deben aprovecharse para reforzar las teclas cerebrales a través de prácticas amenas que se describen en esta entretenida publicación.

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