



# Ser felíç a Alaska: Ments fortes contra vent i marea (Catalan Edition)

*Rafael Santandreu*

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Rafael Santandreu

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**El nou llibre de Rafael Santandreu presenta un mètode contrastat científicament que ens permetrà convertir-nos en persones sanes i fortes emocionalment, tranquil·les, centrades en el present i alliberades de totes les nostres pors.**

Les «neures» que ens amarguen la vida com ara l'ansietat, la depressió, l'estrès o la timidesa, així com les preocupacions i les pors són, senzillament, el resultat d'una mentalització errònia que podem revertir de manera permanent. *Ser feliç a Alaska* ens mostra com fer-ho possible amb el mètode de l'escola terapèutica més eficaç del món: la moderna Psicologia cognitiva.

«Amb els dos darrers llibres, *L'art de no amargar-se la vida* i *Les ulleres de la felicitat*, he arribat a milions de lectors, cosa que m'omple de joia. Em sento molt orgullós de saber que els meus llibres s'estudien a les facultats de Psicologia d'arreu del món. Ara bé, el que més em satisfà és rebre diàriament correus electrònics de persones que han transformat del tot les seves vides amb aquestes lectures. Fins i tot en casos de trastorns psicològics considerats "greus" per altres professionals de la salut.

A *Ser feliç a Alaska* he volgut fer un pas més depurant la metodologia de la Psicologia cognitiva en tres grans passos, que són a la base de qualsevol procés de transformació:

- 1) Orientar-se cap a l'interior.
- 2) Aprendre a caminar lleugers.
- 3) Apreciar les coses que ens envolten.

Aplicats amb intensitat i diàriament, aquests tres passos són la clau d'una ment "musculada", impertorbable. Amb el cap ben moblat, cap adversitat no serà motiu per impedir-nos gaudir cent per cent de la vida.»

**Rafael Santandreu**

## Ressenyes:

«Amb aquest llibre iniciaràs un viatge fascinant cap a la pau interior.»

Manolo García

«*Ser feliç a Alaska* conté el millor mètode dissenyat per adquirir fortalesa emocional.»

Dr. Luis Minguel Martín, psiquiatra i director d'àrea a l'Hospital del Mar, Barcelona

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