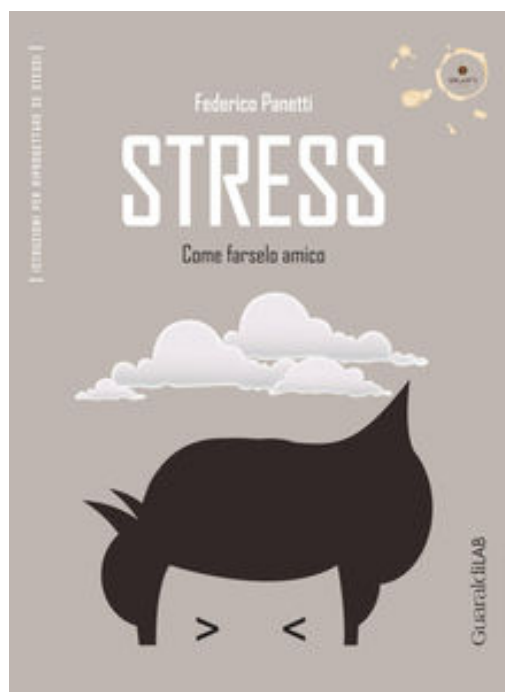


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Leggi ebooks Stress Federico Panetti PDF, EPUB, mobi, Ogni giorno veniamo bombardati da un flusso di informazioni negative e notizie catastrofi che e la nostra attenzione è rivolta principalmente su pensieri negativi; così, se per andare al lavoro incontro dieci semafori, io mi ricorderò e sottolineerò più quelli rossi che quelli verdi. Ma avete mai contato quanti semafori verdi e rossi incontrate in una settimana? Questa collana di piccoli libri mira a trovare le risposte, a dare la possibilità a chiunque di poter acquisire la capacità di trovare soluzioni e di concentrarsi su di esse. Lo stress, i problemi al lavoro, i colleghi antipatici ci rendono la vita impossibile perché l'esperienza ci ha insegnato a porre l'attenzione solo sui problemi. In questi piccoli vademecum, invece, non ci chiederemo il 'perché' degli eventi, ma proveremo a capire 'come' fare quando questi si presentano.

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