



# Descontrólate (Crecimiento personal) (Spanish Edition)

*Xavier Guix*

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## **Descontrólate (Crecimiento personal) (Spanish Edition) Xavier Guix**

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¿Cómo aprender a confiar en nosotros mismos y en los demás? ¿Cómo soltar amarras e ir al encuentro de la sempiterna felicidad? Recurriendo a las reflexiones de pensadores de la talla de Erich Fromm, Viktor Frankl o Luis Rojas Marcos, Xavier Guix ofrece un tratado lúcido y cercano sobre el miedo y la libertad. Porque si queremos descubrir la faceta más luminosa de la vida, tenemos que echar a volar. Estar dispuestos a explorar. A perder el control. Una obra crucial en estos tiempos incertidumbre, tan reveladora como lo fuera en su día "El poder del ahora", de Eckhart Tolle. Al fin y al cabo, en la vida pasan cosas. Y casi suceden como habíamos previsto.

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