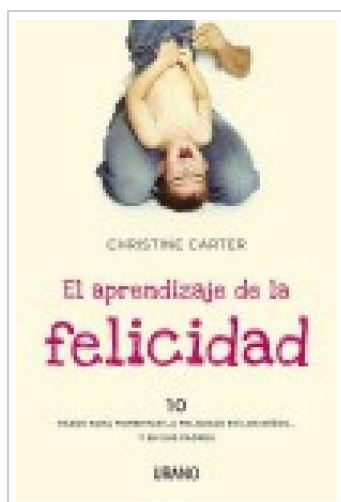




El aprendizaje de la felicidad

By Carter, Christine

Ediciones Urano, 2012. Book Condition: New. ¿Qué deseamos para nuestros hijos, por encima de todo? ¿Felicidad, naturalmente! Pero ¿sabemos en qué consiste la dicha? ¿Fomenta nuestra cultura la felicidad o más bien la obstaculiza? ¿Están reñidos el éxito y la alegría de vivir? ¿Qué valores debemos transmitir a los jóvenes para que sean dichosos? En suma, ¿cómo criar niños felices? El aprendizaje de la felicidad, de la socióloga Christine Carter, ha sido definido como el libro de crianza infantil por excelencia. Basándose en principios científicos demostrados, la autora nos revela el secreto para garantizar a los niños de cualquier edad no sólo una infancia feliz sino también una vida plena en la edad adulta: inculcarles aquellas cualidades que enriquecerán su experiencia, como la seguridad, la gratitud y el optimismo. Un libro para leer y releer, empapado de inteligencia, empatía y sentido del humor, cuya sabiduría los niños y sus padres- agradecerán de por vida.

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