

Las trampas de la felicidad Las 9 transformaciones para la Ciencia del Bienestar Integral Spanish Edition



BOOK DETAILS

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BOOK SYNOPSIS

Según Sonja Lyubomirsky, autora de diversas teorías sobre la psicología de la felicidad, el estado de bienestar se determina 40% por la actitud, 50% por la genética y 10% por el medio.

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