

La mayoría de nosotros ha experimentado algún vez un ataque de ansiedad, sin embargo, muchas veces los asuntos que los originan resultan ser cuestiones de poca importancia. Jamás conseguiremos resolver un problema si solo nos preocupamos por él. En cambio, si utilizamos nuestra energía para abordarlos de forma constructiva y para superar nuestra ansiedad, nos convertiremos, indudablemente, en personas mucho más sanas y felices. En este libro, Dale Carnegie analiza esta cuestión a fondo y nos propone unas estrategias sencillas y eficaces para liberarnos del estrés y las preocupaciones, y prosperar, así, en la vida cotidiana. / Feeling stressed out is something we can all relate to. Between our personal and professional lives, we all have a lot on our plates, and it can be difficult to manage all of our tasks. Dale Carnegie offers several tips to managing stress and worry, and while most of us know them, it never hurts to get a reminder from time to time.

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