



# La inutilidad del sufrimiento (Spanish Edition)

*María Jesús Alava*

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## **La inutilidad del sufrimiento (Spanish Edition)** María Jesús Alava

¿Alguna vez ha pensado cuántas ilusiones y esperanzas se pierden cuando sufrimos, cuánta energía desperdiciamos? ¿Cree que se justifica tanto dolor y ese frecuente sentimiento de malestar? ¿Es acaso la felicidad tan imposible?

A pesar de que muchas personas se sienten prisioneras de su forma de ser o de actuar, de sus nervios o de los errores que quieren evitar y con los que tropiezan una y otra vez, no hay nada que justifique ese encadenamiento, ese sufrimiento tan inútil como prolongado. Aprender a vivir de manera positiva es encaminarnos hacia la ilusión.

M<sup>a</sup> Jesús Álava Reyes, con más de treinta años de experiencia en el ámbito de la psicología, reúne en este libro -del que se han vendido más de 200.000 ejemplares- sugerentes reflexiones, pautas de comportamiento, ejercicios de autocontrol y numerosos testimonios que nos explican cuáles son las claves para no entender la vida como una tragedia, sino como un presente, lleno de oportunidades, que hay que aprovechar día a día.

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