



Hablar y aprender (Spanish Edition)

Laura Rojas-Marcos

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Para llegar a ser adultos emocional y mentalmente saludables necesitamos comunicarnos y sentirnos conectados con los demás.

«Hablar con los demás y escucharlos son actividades humanas fundamentales. Gracias a las palabras ningún ser humano es una isla.»

Esta es la recomendación del prestigioso psiquiatra Luis Rojas Marcos.

Su hija Laura comparte con él su interés por la *profesión de las emociones* y la curiosidad por saber *por qué* sentimos lo que sentimos y *por qué* cada uno reacciona de forma diferente ante la misma situación. En definitiva, comparten inquietudes sobre aspectos relacionados con el bienestar y la condición de las personas. Fruto de sus múltiples charlas, de horas y horas de comunicación, no solo como padre e hija sino también como profesionales, nació este libro, cuyo mensaje es que se aprende cuando se habla y se escucha.

La obra trata diversos aspectos de la condición humana, entre los que se encuentran los efectos que tienen en las personas los cambios que surgen en la vida, los factores que influyen para afrontar adecuadamente las adversidades, los aspectos que favorecen una autoestima positiva, los sentimientos y lo que nos hace felices o desgraciados o el impacto que tienen las relaciones familiares en el desarrollo emocional de las personas.

Entre ambos hay muchas diferencias, pero sin duda están de acuerdo en algo fundamental: para llegar a ser adultos emocional y mentalmente saludables necesitamos comunicarnos y sentirnos conectados con los demás.

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