



El sentido del humor (BIBLIOTECAS DE AUTOR) (Spanish Edition)

Eduardo Jáuregui

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¿Te acosa el estrés? ¿Te aburre la rutina cotidiana?

¿Te parece que el mundo es un asco?

Lo que te hace falta es *El sentido del humor*.

El sentido del humor es un libro de consulta básico para la mujer o el hombre del siglo xxi, una necesaria «guía del usuario» para aprovechar al máximo ese valiosísimo mecanismo biológico que tantas personas parecen haber relegado: su capacidad natural de reír y disfrutar de la vida.

El humor es una herramienta multiusos de altísima biotecnología. Conecta y comunica a la gente sin cables ni wifi. Fomenta la salud sin efectos secundarios. Genera una gran energía productiva sin contaminar la atmósfera. Y aunque no corta el césped ni trocea los alimentos a tres velocidades, permite disfrutar más de cualquier tarea cotidiana y superar los malos humos cuando el cortacésped se traga el billete de cien euros o el robot de cocina te riega de sopa.

Basado en una sólida investigación científica y repleto de ejemplos hilarantes y ejercicios prácticos, este manual te permitirá desempolvar y poner en funcionamiento tu sentido del humor oxidado, entender todos sus misterios y aplicarlo en la vida y el trabajo con naturalidad.



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