



El sentido de la vida es una vida con sentido (Serendipity) (Spanish Edition)

Rocío Rivero López

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La vida nos enseña que nada es para siempre, que nuestros sueños no siempre se cumplen y que no podemos aferrarnos al pasado ni vivir suspirando por el futuro. El sentido de la vida es una vida con sentido. La resiliencia, nos enseña a superar las situaciones adversas, así como a salir fortalecidos de ellas. Se compromete a desarrollar y mantener tu resiliencia a lo largo de la vida y a desarrollarla y mantenerla también en los niños y niñas. Para conseguir su objetivo cuenta con el apoyo de numerosos ejercicios. Capítulo a capítulo se explican los factores que influyen en ser resiliente, los beneficios que aporta la resiliencia y con qué están relacionados estos beneficios, todo ello basado en estudios psicológicos, con métodos concretos y experimentados. Es la primera publicación que revela y explica el vínculo que existe entre la resiliencia y saber vivir el momento presente, entre la creatividad y la resiliencia, entre la inteligencia emocional y la resiliencia y entre esta y la felicidad, ayudándote a potenciar estas habilidades. Rocío Rivero López es una psicóloga y educadora convencida de que la actitud marca la diferencia. Con una dilatada experiencia en infancia, adultos, parejas, familia, empleabilidad y Recursos Humanos, es autora del libro EMPLÉATE con Actitud. Destaca su labor en la Universidad de Sevilla como investigadora y docente, en el Centro Español de Solidaridad (Proyecto Hombre), en la Confederación Andaluza de Personas con Discapacidad Física y Orgánica (CANF-COCEMFE) y en otras asociaciones y hospitales donde trabaja, como psicóloga, con familiares y afectados por enfermedades raras y lesiones medulares. Dirige numerosos proyectos de divulgación científica, investigación, docencia, prevención y tratamiento de carácter sanitario, educativo, social y cultural. Blog: <http://rocioriverolopezunamiradapsicologica.blogspot.com.es>

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