



Atrévete a ser tú mismo (Fuera de colección) (Spanish Edition)

Marta Martí

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Su autora, Marta Martí –filósofa, coach y deportista extrema, bajo cuya apariencia de «chica mala» late un corazón tierno–, defiende que hemos de alejarnos del Flowcost, esa filosofía barata, masticada, cada vez más presente en nuestras vidas, que nos hace razonar con pensamientos fáciles y efímeros en lugar de buscar en nuestra alma y llegar al interior.

Solo así nos conoceremos y creceremos. Solo así distinguiremos lo falso de lo real, aunque muchas veces duela. Y solo así lograremos estar a gusto con la mayoría de lo q nos sucede.

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