



Usted sí puede ser feliz pase lo que pase

Richard Carlson

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In this practical, easy-to-follow guide, Carlson tells listeners how to be happy "now" before they solve all of their problems. By understanding five fundamental principles--Thought, Mood, Separate Realities, Feelings, and the Present Moment. Under Carlson's guidance, they'll learn to accept their own unique ways of thinking and use their emotions as a biofeedback mechanism to stay in touch with the causes of unhappiness.

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