

Do you experience sporadic or constant sadness? Do you feel depressed, irritable, or lose interest in activities you used to enjoy? Do you have feelings of uselessness, despair, guilt, or shame? Do your mood swings lessen your performance at work or daily activities? If you have answered yes to any of these questions, this book is for you. Written in simple language, it suggests strategies to stimulate one of the principal organs of your body: the brain. In this text you will find different alternatives to control your sadness, your melancholy, or your depression. You will enjoy metaphoric stories, anecdotes, music, and simple neural induction exercises that can be done anywhere, without professional guidance. You only need to begin on this journey to be able to tell the people around you: Depression? No thanks. ?Experimentas tristeza esporadica o constante? ?Te sientes decaido, irritable o te falta interes para realizar actividades que antes te proporcionaban satisfaccion? ?Tienes sentimientos de inutilidad, desesperanza, culpabilidad o verguenza? ?Tus cambios de humor han disminuido tu rendimiento laboral o tu actividad vital? Si has contestado afirmativamente a cualquiera de estas preguntas, este libro es para ti. Escrito en un lenguaje sencillo, te propone estrategias para estimular uno de los principales organos de tu cuerpo: el cerebro. En este texto encontraras alternativas diferentes para controlar tu tristeza, tu melancolia o tu depresion. Disfrutaras de cuentos metaforicos,anecdotas, musica de neuroinduccin y sencillos ejercicios que podras que realizar en cualquier lugar, sin ayuda profesional. Solo falta que comiences este viaje de autodescubrimiento para decirles a los que te rodean: «?Depresion? No, gracias.

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