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No sólo los pájaros pueden volar

By Antón Fuentes, Ramón José

Editorial Club Universitario, 2006. soft. Book Condition: New. Aproximadamente un 10% de los pasajeros de un avión experimentan un cierto grado de inquietud, ansiedad, o incluso pánico. Esto significa que muchos millones de personas en el mundo sufren por la imperiosa necesidad que hoy en día existe de viajar. He realizado este trabajo en un intento de mejorar la calidad de vida de toda esa ingente cantidad de viajeros(entre los que tal vez usted se encuentre), aunando mi experiencia de veinte años como Piloto de Línea Aérea y mi formación académica como Licenciado en Psicología Clínica. Con la lectura de este libro usted tendrá la oportunidad de saber algo más de ese entorno de volar, y de ese otro mundo tan nuestro del pensamiento y cómo se originan los infundados temores. Tal vez incluso se sorprenda a sí mismo al descubrir que posee ciertos recursos personales, que aunque siempre estuvieron ahí, jamás los llevó a la práctica, pues usted hasta ahora los desconocía. Con la combinación adecuada de toda esa nueva información y recursos, descubrirá el buen camino hasta conseguir que volar deje de ser ese foco de inquietud y ansiedad.



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