



vivir es un asunto urgente

DR. MARIO ALONSO PUIG

*No son las montañas
las que hemos de conquistar,
sino a nosotros mismos*
Sir Edmund Hillary

Vivir Es Un Asunto Urgente

Mario Alonso Puig



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Vivir es un asunto urgente Dr. Mario Alonso Puig, 2012-08-07 Nueva edición del clásico del Dr. Mario Alonso Puig con más de 300 000 lectores. Un libro que nos invita a reflexionar sobre aspectos capitales de nuestra existencia y nos ayuda a trazar el itinerario que nos conducirá a una nueva tierra, el terreno de las múltiples oportunidades. Cuando el corazón se desboca, el cuerpo se tensa y el cerebro no funciona bien. Si nos sentimos en peligro, reaccionamos atacando a los demás o simplemente huyendo. Estas formas de actuar impiden que comprendamos a los demás y hacen imposible que ellos nos vean como realmente somos. **Vivir es un asunto urgente** es una de las obras de referencia en el campo del desarrollo personal con más de 300 000 ejemplares vendidos en España. Su intención es abordar y entender la morfología del estrés para aprender a convivir con él desde el entendimiento para que no nos usurpe lo que más queremos para que no invada nuestra existencia ni condicione nuestra felicidad. En esta nueva edición además de hablar de temas como la importancia del sueño o los beneficios del ejercicio físico, el doctor ahonda en la relevancia de cultivar el pensamiento y las habilidades humanas y en la era de la Inteligencia Artificial. Una obra imperecedera, una conversación contigo mismo, un viaje al interior de nosotros mismos. Un clásico. La crítica ha dicho: **Vivir es un asunto urgente** es un apoyo contra el estrés. Leer este libro es una forma de descubrirse uno mismo. Las Provincias. Mario Alonso Puig, prestigioso cirujano, investigador y formador, aborda desde una perspectiva científica y pragmática los beneficios de enfrentarse a la incertidumbre y los retos desplegando esos recursos que no sabemos que tenemos. **ABC Empresa**. Exceso de trabajo. Mario Alonso Puig aporta su visión científica a determinados cuadros de ansiedad provocados por el estrés en **Vivir es un asunto urgente**. Glamour. En **Vivir es un asunto urgente**, el doctor Mario Alonso Puig aboga por ver oportunidades donde hay muros. Su fórmula del éxito reside en conocer el tema y apasionarse por él con una mente abierta. Noticias de Gipuzkoa. En **Vivir es un asunto urgente**, Mario Alonso Puig nos enseña a controlar el estrés y a recuperar las riendas de nuestras vidas. Revista AR. Entre las páginas de este libro siempre se pueden extraer pequeñas enseñanzas, frases milagrosas o verdades ocultas que al descubrirlas son capaces de cambiar algo de nuestras vidas. El Faro de Cartagena. **Vivir es un asunto urgente**, **Vivir es un asunto urgente (bolsillo)** Mario Alonso Puig, Sociedad Española de Radiodifusión S. A., 2012-02-06. **Vivir es un asunto urgente (Edición Especial) / Living Is an Urgent Matter (Special Edition)** Dr. Mario Alonso Puig, 2022-03-22. El Dr. Mario Alonso Puig nos invita a reflexionar sobre aspectos capitales de nuestra existencia y nos ayuda a trazar el itinerario que nos conducirá a una nueva tierra, el terreno de las múltiples oportunidades. Cuando el corazón se desboca, el cuerpo se tensa y el cerebro no funciona bien. Si nos sentimos en peligro, reaccionamos atacando a los demás o simplemente huyendo. Estas formas de actuar impiden que comprendamos a los demás y hacen imposible que ellos nos vean como realmente somos. **Vivir es un asunto urgente** nos ofrece el apoyo necesario para afrontar los desafíos que se plantean en nuestras vidas, proporcionándonos alegría, ilusión, tranquilidad y confianza. Una obra reveladora y cercana que trata a fondo el mundo del estrés, nos enseña cómo gestionarlo de manera adecuada y nos anima

a controlar las riendas de nuestro destino porque en un cambio en apariencia insignificante se esconde la verdadera felicidad

ENGLISH DESCRIPTION Dr Mario Alonso Puig invites us to reflect on key aspects of our existence and helps us trace the route that will lead us to a new land the land of multiple opportunities When the heart is out of control the body tenses up and the brain malfunctions If we feel we are in danger we react by attacking isolating ourselves or simply fleeing These ways of reacting prevent us from understanding others and it also makes it impossible for others to see us as our true selves Living Is an Urgent Matter offers us the necessary support to face any challenges that we are faced with in life providing us with joy enthusiasm peacefulness and confidence A revealing and intimate work that deals in depth with the world of stress it teaches us how to manage it properly and encourages us to control the reins of our destiny because true happiness is hidden in any seemingly insignificant change

La generación de la utopía Artur Pestana,2003 Vivir es un asunto urgente (Campana de verano edición limitada) , **The Little Great Book about Happiness** Felicidad Cristóbal,2022-06-10 But why am I not happy That question that we have all asked ourselves so many times is an excellent question to start the path Contrary to the rest of the aspects of our lives in which we make an effort and a lot to achieve our goals when we talk about happiness we are surprised that we are not happy and at the same time we believe that happiness is something that comes that we want let him stay but sooner or later he leaves And we don t understand anything because we are doing everything that we have been taught that we had to do since we were little to be happy Throughout these pages we will see how there are myths about happiness that do not respond to reality how seeing success in another way can help us and how to open our minds to the fact that the real change is in the way we think about what we do what happens to us and to those around us Giving them the necessary importance and working within ourselves concepts such as acquiring mental stability achieving forgiveness understanding acceptance understanding gratitude finding our purpose and welcoming the transience of life will bring us much more happiness than we ever would have imagined A great book that from its simplicity and closeness invites us to walk that path without distance between the head and the heart Dr Mario Alonso Puig Physician lecturer and writer

Y lo mejor de todo, despertar Cesar Piqueras Gómez de Albacete,2018-05-28 Este libro nos invita a tomar conciencia de cada momento a vivir el presente y por lo tanto a sentir la vida que nos est pasando A trav s de distintas reflexiones sobre la existencia el amor los sentimientos y otros aspectos de vital importancia el autor nos desvela al ser humano en toda su plenitud y a trav s de su propia experiencia nos ayuda a superarnos a nosotros mismos invit ndonos a ser nuestra mejor versi n

La estrategia del delfín Alejandro Ambrad Chalela,2012-02-15 Y t qu eres adiestrador o delf n La estrategia del delf n es el mejor modo de solucionar los diversos tipos de conflictos a los que tenemos que hacer frente en cualquiera de los mbitos sentimental amistoso familiar laboral La mejor soluci n a cualquier disputa de intereses es una negociaci n transparente en la que las dos partes se vean beneficiadas por igual Pero en el mundo real esto no sucede En toda negociaci n existe manipulaci n ya que en ellas suele existir cierto desequilibrio bien por las ventajas competitivas de uno o por la disponibilidad de

información de otro Todos manipulamos y a todos nos manipulan y es algo inherente al ser humano Qui propone la estrategia del delfín Una forma de afrontar negociaciones manipulativas de forma sencilla y exitosa El experto en consultoría estratégica e innovación Alejandro Ambrad nos ofrece en este libro con un estilo ameno y lleno de ejemplos todas las ventajas de la estrategia del delfín una vía definitiva para saber adaptarnos con inteligencia a cada situación y poder salir airoso de cualquier negociación aunque nos encontremos en una posición de desventaja Una obra útil para aquellos que no saben negociar y que tienen que hacerlo porque nos guste o no los procesos de negociación son inherentes a la vida Su lectura atrapa lex Rovira *La vida es venta* Inés Torremocha Arroyo,2018-09-06 El proceso de la venta como el proceso de la vida nace crece se reproduce y muere o no depende de ti Y tanto en la vida como en la venta ponemos en juego nuestro valor como persona nuestras habilidades y nuestras emociones El reto es aprender a gestionar estas emociones para poder conseguir una vida y una venta plenas La negociación forma parte de nuestra rutina negociamos con nuestros hijos con nuestros proveedores con nuestros padres con nuestra pareja o con nuestros amigos y las etapas no son muy diferentes en un caso u otro Tras veinticinco años de experiencia como vendedora Inés Torremocha te cuenta los secretos de la venta emocional para ayudarte a potenciar tus fortalezas identificar tus debilidades y convertirlas en oportunidades de desarrollo personal y profesional Sabes cuál es la estrategia de ventas más eficiente del mundo T En este libro descubrirás cómo liderar tus resultados desde la excelencia y la primera línea de batalla **Introducción a la ética cristiana AETH** Ismael García,2003-04-01 El estudio de la tica no solamente nos lleva a entender mejor las complejas situaciones que hoy día enfrentamos también nos ayuda a discernir lo que subyace tras nuestras decisiones La tica nos ayuda a descubrir aclarar afirmar cambiar reformar o transformar valores y fines que motiva nuestra conducta Este libro nos provee con las herramientas necesarias para conocer describir y analizar los retos éticos morales que hoy día enfrentamos los cristianos **Actas** Argentina. Congreso de la Nación. Cámara de Diputados de la Nación,1903 *El guardián de la verdad* Mario Alonso Puig,2016-01-07 Para qué has venido a este mundo Ana tiene cuarenta y tres años es viuda y está viviendo una situación insostenible en su trabajo En su casa la esperan cada día su hijo Pablo un adolescente que se siente ahogado en su propia inseguridad y su padre José un médico jubilado que en el atardecer de su vida lucha por encontrar un nuevo sentido a su existencia También está Isabel una mujer madura que se ve perdida e impotente ante algo que la aterroriza Un viaje de vacaciones a Grecia se convierte en algo transformador para los cuatro Allí vivirán una inesperada y fantástica aventura que les sumergirá en las profundas enseñanzas de la sabiduría clásica Cada uno de ellos tendrá que enfrentarse a grandes desafíos con energía y confianza para despertar a un mundo de enormes posibilidades Una novela apasionante y muy sorprendente un auténtico elixir narrativo *Diario de sesiones* Argentina. Congreso de la Nación. Cámara de Diputados de la Nación,1903 El Faro ,1912 *La Moda elegante ilustrada* ,1881 Boletín judicial ,1971 365 ideas para una vida plena Mario Alonso Puig,2019-11-26 Qué ideas nos abren nuevos horizontes 365 ideas para una vida plena nos da las claves para que todos

los días del año tengamos una reflexión positiva que poner en práctica La esencia del pensamiento del doctor Mario Alonso Puig sacar lo mejor de cada uno para alcanzar la serenidad y la ilusión que mover nuestro día a día Tener cosas poder y estatus puede sin lugar a dudas ayudarte a llevar una vida más cómoda pero lo que no puede es darte una vida más feliz Ve los cambios en tu vida como oportunidades para aprender y progresar Una sola elección puede definirse una sola elección puede destruirte y también una sola elección puede transformarte No puedes convertir el conocimiento en habilidad si no pasas a la acción

Casa grande Luis Orrego Luco, 1908 **Avanzando** Sara L. de la Vega, Carmen Salazar, 1994-01-26 Designed to appeal to today's diverse student population this is the only book that successfully addresses both native and non native speakers Engaging and varied it teaches grammar through contextualized exercises and activities based on language proficiency songs poems cultural readings and literary selections This edition includes greater emphasis on cultural material and vocabulary expanded exercises numerous self tests and laboratory drills which focus on listening as a skill

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