



Las mujeres felices viven mejor (Spanish Edition)

Valorie Burton

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En *Las mujeres felices viven mejor*, la célebre escritora Valorie Burton revela el secreto de la felicidad personal. Ella presenta 13 recetas para la felicidad: opciones que pueden hacerte feliz en este preciso momento, aun en medio de las presiones en el trabajo, tus citas, tu matrimonio, la crianza de tus hijos, tu rutina de actividad física o tus salidas con amigas. Con estas recetas para la felicidad, aprenderás a...

- • recuperarte más rápido del estrés y la adversidad
- • experimentar una mayor satisfacción en tu matrimonio y tus amistades
- maximizar tus oportunidades profesionales y aumentar tus ingresos
- combatir la depresión, los resfriados y otras enfermedades
- ¡vivir más!

In *Happy Women Live Better*, best-selling author Valorie Burton unlocks the secret to your personal happiness. She reveals 13 happiness triggers—choices that can boost your joy right now, even in the midst of deadlines, children, marriage, dating, and squeezing in a workout or girls' night out. Through these happiness triggers, you will learn to

- • bounce back from stress and adversity faster
- • enjoy deeper satisfaction in your marriage and friendships
- maximize career opportunities and increase your income
- fight off depression, colds, and other illnesses
- live longer!

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