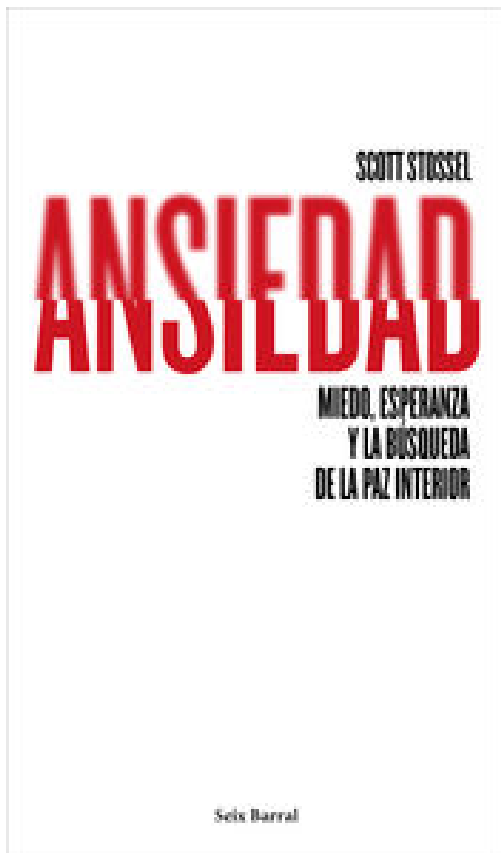


Descargar Libro En Línea PDF Epub Mobi Español Ansiedad - Scott Stossel



Descargar libro en línea PDF epub mobi Español Ansiedad Scott Stossel , La vida de Scott Stossel ha sido desde la infancia una lucha constante contra la ansiedad. En estas páginas nos cuenta su propia experiencia con anécdotas tan conmovedoras como divertidas, a la vez que ofrece un completo retrato de este trastorno. Mientras seguimos su historia, aprendemos cómo científicos, filósofos y escritores —de Hipócrates a Freud o de Kierkegaard a Darwin— han intentado resolver los enigmas alrededor de la ansiedad.

Scott Stossel nos habla de genética, de filosofía, de neurología, de psiquiatría e incluso de deporte, y nos ofrece un entretenido debate entre las diferentes actitudes médicas y psicológicas. El ensayo literario, la Historia, las memorias, la divulgación científica o el relato humorístico confluyen en este revelador texto, que nos habla de la esperanza y la resiliencia frente al gran mal de nuestro tiempo.

Convertido en un inesperado *best seller* en Estados Unidos, *Ansiedad* está considerado ya el gran libro sobre el tema: los críticos se han apresurado a calificarlo de «fascinante» (*The New York Times*), «útil» (BBC), «valiente» (*Telegraph*), «hilarante y de lectura compulsiva» (*The Independent*), y los lectores han mostrado su entusiasmo y agradecimiento en las redes: «Para los que sufráis de ansiedad, en este libro encontraréis un verdadero amigo. Ningún texto de ningún experto me ha ayudado tanto» (un lector en Goodreads).

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