



## Viver sem pressa (Portuguese Edition)

*Schmitt Afonso*

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## **Viver sem pressa (Portuguese Edition)** Schmitt Afonso

Nesta obra, o autor aborda a questão da ansiedade, mal que acomete muitas pessoas hoje em dia e gera estresse, nervosismo e doenças psicossomáticas. Embora pareça difícil num primeiro momento, ele nos prova que é possível aprender fazer uma pausa na correria do dia a dia, para buscar o equilíbrio e viver o momento presente de maneira mais tranquila. Ao longo dos primeiros capítulos, explica o que é a ansiedade e os males físicos e psicológicos que ela provoca. Convida, então, o leitor a analisar suas crenças e tentar mudar aquelas que envolvem as questões relacionadas ao tempo, que podem gerar estresse negativo por levá-lo a viver inseguro e projetado no futuro, sofrendo antecipadamente por possibilidades que podem nem vir a se concretizar. A seguir, oferece dicas práticas que vão ajudar a transformar, com disciplina e persistência, os hábitos e as expressões agitadas de uma personalidade ansiosa em expressões mais serenas que se traduzirão em uma melhor qualidade de vida e em relacionamentos mais agradáveis e gratificantes.

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