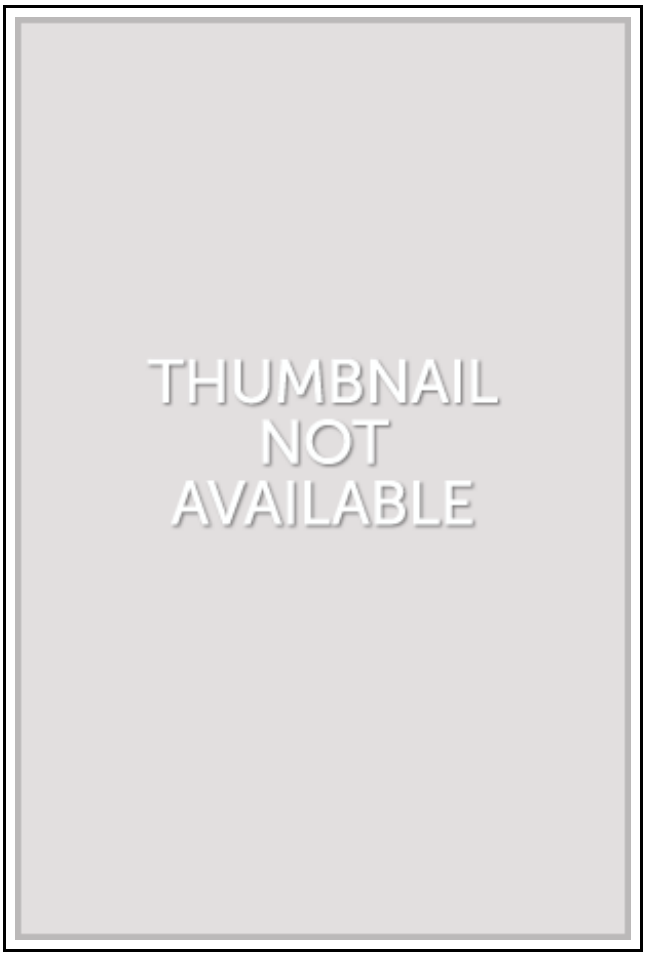
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Booket, 2012. soft. Book Condition: New. Encuadernación: Rústica de bolsillo. Hoy, más que nunca, el tema de la ansiedad nos preocupa y nos afecta a todos; no en vano se habla de la era del estrés. La ansiedad es una emoción de alarma que se experimenta con inquietud, desasosiego, temor indefinido, preocupación desbordante y miedo a perder el control. Este libro permite al lector descubrir las principales características de la ansiedad y conocer cuáles son las medidas que deben adoptarse para superarla. Enrique Rojas es Catedrático de Psiquiatría y Psicología Médica. Es Director del Instituto Español de Investigaciones Psiquiátricas de Madrid y Presidente de la Fundación Rojas-Estapé para gente joven con trastornos de personalidad y sin recursos materiales. Estamos ante un psiquiatra humanista que ha trabajado sobre temas clínicos (ansiedad, depresión, trastornos de la personalidad) y psicológicos (crisis conyugales, fracaso escolar, problemas de voluntad, desajustes en el campo de la sexualidad y los caminos que conducen a la felicidad). Ha participado en muchas ferias del libro de los más distintos países de Europa y América, donde sus textos han tenido una excelente acogida. Su obra ha sido traducida a numerosos idiomas.

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