Ediciones Tecnológico de Monterrey

Integral Well-being. A Value-Based Approach

Autor

Andrea Monsanto

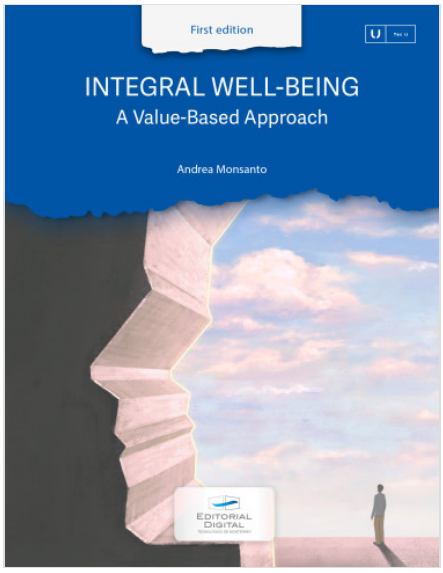
Sinopsis

Emotional wellness is a concern that affects people worldwide. It's a situation that demands attention and action. However, addressing this issue can be challenging, given the complexity of human beings. But starting somewhere is essential to reduce suffering and enhance subjective well-being. This book offers practical guidance on how to improve our relationship with the crucial aspects of perception: time, space, and energy. Doing so provides a formula for improving all areas of life simultaneously.

AM

Sobre el autor

Andrea Monsanto



E-Book

Año de publicación: 2024

Presentación: PDF (Digital: descarga y online)

Número de páginas del contenido principal: 189 Páginas

ISBN13: 9786075018478

$0 MXN

Palabras clave

Well-being

2026 © Sistema Integrado de Metadata Estandarizada desarrollado por Hipertexto - Netizen