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El Gozo de Existir: La felicidad tras superar mobbing e ictus (Spanish Edition)

N. M. Parga

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El mobbing o acoso moral en el trabajo causa uno de cada cinco suicidios en España. También produce estrés y aislamiento, e influye en la creciente tasa de infartos y accidentes cerebro-vasculares en el mundo, primera causa de mortalidad femenina en España. Este libro, comparte las claves para afrontar el acoso laboral y superar la enfermedad.

El Gozo de Existir es un testimonio conmovedor salpicado con toques de humor que nos enseña el poder del amor, de la gratitud, del perdón y de la esperanza. Una historia real que hará eco en los corazones de las personas que necesiten un cambio en su vida o que hayan vivido una experiencia parecida. Una invitación a aceptar la adversidad como fuente de aprendizaje y de superación personal.

El relato cuenta cómo aquello que parece el final, resulta ser el principio de un camino que va más allá del dolor y del miedo. Una senda de autoconocimiento para descubrir de lo que se es capaz.

Noa es una joven madre trabajadora a quien la vida sacude cada vez con más fuerza. Entre lágrimas y sonrisas, pasando del infierno al séptimo cielo, en un proceso de crecimiento y transformación personal, Noa descubre el gozo de existir, y nos muestra, una nueva forma de ver, comprender y cambiar de actitud ante la realidad.

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