



## El club de la felicidad

By Pont, Antonio

PLANETA, 2015. Condition: Nuevo. Descubre los secretos de la felicidad y apúntate al club! El club de la felicidad reúne doce encuentros con doce nombres destacados de la sociedad española: Luis Rojas Marcos, Valentín Fuster, Ferran Adrià, Eduard Punset. A lo largo de sus páginas, y con el diálogo como mejor herramienta, se irá hilvanando una idea: la felicidad nunca se alcanza por casualidad, siempre es fruto del trabajo y del esfuerzo. Así pues, de un modo entretenido, asombroso y eminentemente práctico, iremos descubriendo cómo dichas personalidades se han ganado el respeto y la confianza de toda una sociedad, y cómo aplican, tanto en su vida privada como en el ámbito profesional, una serie de premisas sin las cuales, seguramente, no hubiesen conseguido alcanzar el equilibrio y la armonía de su vida.



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