

El poder de la por ¿On guardem els nostres temors quotidians?

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Fear has become one of modern society's dominant feelings: the fear that arises from collective circumstances as well as those that come from within us, especially our minds. Moreover, the increasing influence the media has on our behaviour means that these fears seem much more terrible than they really are. Professor Tizón attempts to place each fear within its own context to show us where we keep our fears, and explains how to manage them in our daily lives. Once identified, they lose their power and can be attenuated or neutralised by using therapy or approaches based on emotional intelligence.

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