

# El viaje al poder de la mente

Journey into the power of the mind



UK panel's choice AUTUMN 2010

**Author:** [Eduard Punset](#) [1]

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With this book, Eduardo Punset ends a trilogy about happiness, love and power, "three topics that structure and affect the world". After El viaje a la felicidad and El viaje al amor, which have already inspired over half a million readers, Spain's most notable popular science writer invites us on an "intimate journey into the power of the mind". How have millions and millions of people been able to live, fall in love, commit suicide, desire, work like mad, take care of their children... all without truly knowing what was happening inside them, and how their minds were working? Answering this fascinating enigma is the main goal of this book.

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