

# Superar la Adversidad

Overcoming Adversity



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**Publisher:** [Espasa](#) [2]

**Year of Publication:** 2010

**Pages:** 256

**ISBN:** 978-84-2334-248-8

**Genre:** Sports and practical book

AUTUMN

2010

**Season:** AUTUMN 2010

In times of difficulty when life turns its back on us and when our physical and emotional equilibrium is put to the test, we need defence mechanisms to help us survive. In this book, Luis Rojas Marcos analyses the ingredients of the natural force that is resilience, which impels the majority of people to adjust, to bend without breaking, and to overcome the inevitable difficulties that life has in store for us. With a characteristically simple and pleasing style, and clear explanations, the author examines the elements which help us to overcome adversity, with the aim of being as well prepared as possible when confronting difficulties. Self-esteem, positive thinking, motivation and a willingness to centralise control within ourselves are the pillars of resilience and the factors which will allow us to recover quickly.

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