

Adios Depresion Enrique Rojas Descargar Gratis

Jaime Smith Semprún

Adiós, depresión Enrique Rojas, 2013-09-27 La guía definitiva para reconocer y afrontar el problema El que no ha padecido una autentica depresión no sabe realmente lo que es la tristeza. Ésta es una de las certeras frases con la que el Doctor Enrique Rojas, catedrático de Psiquiatría y director del Instituto Español de Investigaciones Psiquiátricas, aborda el análisis de la que para muchos es una de las grandes plagas del siglo XXI. Antiguamente considerada como una forma de locura e incluso como una manifestación de posesión demoníaca, sin un origen claro y a menudo mal definida y diagnosticada, en ella tienen cabida sentimientos como la pena, la melancolía, el desencanto, la desilusión o el abatimiento moral. En esta nueva obra, el autor de ¿Quién eres? y El amor inteligente entre otros muchos éxitos, vuelve a conjugar su capacidad de penetración psicológica y su sentido didáctico por analizar -basándose en casos clínicos reales- sus causas más frecuentes, su sintomatología más común y, sobretodo, los medios más eficaces de curación. La obra se cierra con una novedosa propuesta de terapias que los enfermos pueden poner en práctica para aliviar las formas más leves de depresión.

Guía práctica contra la depresión Enrique Rojas, 2012 Tras el éxito de Adiós, depresión, Enrique Rojas nos ofrece su guía práctica de lectura: un recopilatorio de las ideas esenciales recogidas en esta obra fundamental para reconocer y afrontar uno de los problemas que más nos preocupan, para poder encontrar una salida a la enfermedad de la tristeza y decir «adiós, depresión».

Adiós, depresión Enrique Rojas, 2009

Cómo Superar la Depresión: Qué Hacer Contra el Mal de la Tristeza / How to Overcome Depression Enrique Rojas, 2025-06-24 El gran libro de consulta sobre la depresión A lo largo de estas páginas, el prestigioso doctor Enrique Rojas, uno de los psiquiatras más destacados del panorama actual español y una autoridad en la materia, adopta una vez más su papel de médico del alma para ayudarnos a encontrar, con un enfoque muy práctico y en pocas páginas, el camino que nos permitirá recuperar la fuerza interior perdida cuando se sufre depresión. En 2006, Enrique Rojas escribió una obra sobre el mismo tema, titulada Adiós, depresión, que ha sido reeditada en seis ocasiones y lleva vendidos más de 100,000 ejemplares. Con un enfoque eminentemente didáctico, el autor sintetiza ahora las claves fundamentales para abordar esta afección, haciendo hincapié en las últimas novedades sobre su tratamiento. ENGLISH DESCRIPTION The Definitive Reference Book on Depression Throughout these pages, the renowned Dr. Enrique Rojas, one of Spain's most prominent psychiatrists and a

leading expert in the field, once again assumes his role as a doctor of the soul to help us find, through a practical approach and in just a few pages, the path to regaining the inner strength lost when suffering from depression. In 2006, Enrique Rojas published a book on the same subject, *Adiós, depresión*, which has been reprinted six times and has sold over 100,000 copies. Now, with an educational and highly accessible approach, the author distills the fundamental keys to addressing this condition, emphasizing the latest advancements in its treatment.

Cómo superar la depresión (Relanzamiento) Enrique Rojas, 2014-09-16 El gran libro de consulta sobre la depresión A lo largo de estas páginas, el prestigioso doctor Enrique Rojas, uno de los psiquiatras más destacados del panorama actual español y una autoridad en la materia, adopta una vez más su papel de médico del alma para ayudarnos a encontrar, con un enfoque muy práctico y en pocas páginas, el camino que nos permitirá recuperar la fuerza interior perdida cuando se sufre depresión. En 2006 Enrique Rojas escribió una obra sobre el mismo tema, titulada *Adiós, depresión*, que ha sido reeditada en seis ocasiones y lleva vendidos más de 100.000 ejemplares. Con un enfoque eminentemente didáctico, el autor sintetiza ahora las claves fundamentales para abordar esta afección, haciendo hincapié en las últimas novedades sobre su tratamiento.

Adiós, Depresión: La Guía Definitiva Para Reconocer Y Afrontar El Problema / Goodbye, Depression Enrique Rojas, 2024-03-15 Hoy sabemos que más del 90% de las depresiones endógenas se curan: adiós, depresión. La depresión es la enfermedad de la tristeza. Cabalgan en su interior un abanico de sentimientos que van desde la melancolía hasta el desencanto, pasando por la falta de ganas de vivir. Y hablar de depresión es adentrarse en un túnel oscuro, en el que parece que nunca se va a encontrar la salida. Con su profundo conocimiento, el psiquiatra Enrique Rojas nos va dando respuestas a múltiples interrogantes: ¿cuáles son sus principales síntomas?, ¿cómo debe tratar la familia a una persona que está pasando una depresión?, ¿qué es la depresión posparto?, ¿cómo se pueden prevenir las depresiones primaverales? o ¿cómo se mezclan la depresión y la ansiedad?, entre otras.

El dolor del alma Jaime Smith Semprún, 2010 EL & DOLOR & DEL & ALMA es, en palabras del Dr. Enrique Rojas, «un libro que se adentra en los entresijos del alma, baja a los sótanos de la personalidad y penetra en la intimidad del ser humano cuando la melancolía preside su pasaje interior». JAIME SMITH SEMPRÚN, fundador e impulsor de la Alianza para la Depresión y autor de varios libros, nos habla de este mal en un lenguaje que no precisa de conocimientos de medicina o psicología. Los muchos años de contacto con afectados por la tremenda dolencia y con aquellos familiares y amigos que comparten sus sufrimientos, le permiten tanto señalarnos UN CAMINO PARA SALIR DE LA DEPRESIÓN como lanzar un mensaje de esperanza para quienes, directa o indirectamente, se ven afectados por el mal que aqueja al mayor número de habitantes del planeta en este nuevo siglo, y que sufren más de tres millones de personas en nuestro propio país.

Pack Adiós, depresión + DVD Enrique Rojas, 2006-12-05

Pack ECI No te rindas Enrique Rojas, 2011-05-30

Comprende Tus Emociones / Understand Your Emotions Enrique Rojas, 2024-02-16 Una guía clara y precisa para reconocer lo que sentimos, poder tener el control y alcanzar el equilibrio emocional. El doctor Enrique Rojas trata en este libro de los sentimientos, las emociones, las pasiones y las motivaciones que condicionan nuestra conducta. Si sabemos identificarlos seremos capaces de controlarlos y no serán ellos quienes nos dominen. Las emociones se pueden clasificar en pares antagónicos: amor y odio, alegría y tristeza, paz y miedo, admiración y desprecio, etc... A través del diagnóstico y la evolución de muchos pacientes que ha tratado, el doctor Rojas nos muestra cómo afrontar los sentimientos negativos y controlar los positivos para no dejarnos arrastrar irracionalmente por ellos. El acto de crear es un curso bello y generoso que ilumina el camino del artista como una ruta que todos podemos seguir. Este libro destila la sabiduría recogida durante el trabajo de toda una vida y la convierte en una luminosa experiencia de lectura que tiene el poder de crear momentos --y vidas-- de gozo y trascendencia al alcance de todo el mundo.

ENGLISH DESCRIPTION

A clear and precise guide to recognize what we feel, to be in control and to achieve emotional balance. In this book, Dr. Enrique Rojas discusses the feelings, emotions, passions and motivations that condition our behavior. If we know how to identify them, we will be able to control them and they will not be the ones who dominate us.

Las emociones se pueden clasificar en pares antagónicos: amor y odio, alegría y tristeza, paz y miedo, admiración y desprecio, etc... A través del diagnóstico y la evolución de muchos pacientes que ha tratado, el doctor Rojas nos muestra cómo afrontar los sentimientos negativos y controlar los positivos para no dejarnos arrastrar irracionalmente por ellos.

The act of creating is a beautiful and generous course that illuminates the artist's path as a route we can all follow. This book distills the wisdom gathered from a lifetime's work and turns it into a luminous reading experience that has the power to create moments--and lives--of joy and transcendence within everyone's reach.

No te rindas Enrique Rojas, 2011

¿Cómo debemos afrontar las dificultades y frustraciones que se presentan en nuestra vida? ¿Podemos aprender de nuestros propios fracasos? ¿Cómo adaptarse a los cambios? De una forma amena y práctica, No te rindas nos enseña a encarar de manera positiva las adversidades, miedos y dudas que nos asaltan en nuestro día a día, convirtiéndolos en un impulso para crecer y lograr nuevas metas.

- La felicidad no depende de la realidad, sino de la interpretación que hacemos de esta.
- La madurez afectiva es la capacidad de dar y recibir amor.
- Solo quien encuentra un sentido a su vida puede gozar de la existencia y realizarse plenamente.
- No es más sabio el que menos se equivoca, sino quien más aprende de los errores.
- Controlando los pensamientos negativos podemos modificar las emociones.

Organizado en doce grandes temas —uno para cada mes del año— que giran en torno al amor, la familia, el trabajo, la cultura y la amistad, este libro compone un original almanaque en el que el prestigioso psiquiatra Enrique Rojas nos transmite sus sabios consejos y nos acompaña de manera lúcida y cercana en las batallas que debemos librar en el arte del vivir cotidiano para conquistar la felicidad y la realización personal.

Adiós, depresión Enrique Rojas, 2007

Psicopatología de la depresión Enrique Rojas,1981

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