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Tothom accepta la importància de la salut física: ¿no hauríem de donar la mateixa importància també la salut mental? La vida moderna ens exposa a un estrès enorme; pot resultar realment difícil sentir-se tranquil, content o obert a noves experiències. La psicoterapeuta Phillipa Perry demostra que és possible no sentir-se tan turmentat i sí una mica més realitzat. Descriu com funciona el nostre cervell i després ens guia a través d'una sèrie d'exercicis dissenyats per enfortir la nostra resistència, reforçar el nostre sentit de la perspectiva i augmentar la nostra creativitat. Aquest llibre és alhora una explicació brillant de la nostra ment i una guia profundament útil per afrontar els molts reptes que ens presenta la vida.

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