

What if we were to learn to be happy? | Virginia Godoy Zafra

*... her life was a constant stress, a stress she developed on her own,
nobody was asking her to do something more than a normal daughter, sister, mother
or friend would do, nobody! But "I couldn't help it"*

Katy is an apparently happy wife and mother of two, who, one day, starts experiencing things she would have never imagined. Sometimes, everyone's anterior life becomes inexplicable, especially when it comes to hypersensitive personalities. For Katy and her family, Psychology will play a key role.

Even though at first it is told as a family story, this book is about those "what ifs", those little demons which are used to make up our minds, playing with our feelings and destabilizing us, leading us into all black or white, avoiding shades. Is there something we can do? Yes, and the answers are right here in this text.

Virginia Godoy Zafra graduated in Psychology; in fact, she works as a psychologist in Psindra, Algeciras, Spain. She also teaches the subject for the University of Cadiz. She's keen on reading and writing. This is her second publication.

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