

Héroes Cotidianos

Everyday heroes



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In order to get over a crisis the only option and the greatest we have is to change the way we understand problems and to change our beliefs. Héroes Cotidianos is a book about the methods and the power we all have to move forward with hope. It is, then, an invitation to build up the courage we all have inside us. If we do so, we will function not according to external reality but as our organism interprets it, which is why the first step towards getting over difficulties is to start from the idea that we are creators of reality. Mental maps make sense because the brain creates them in order to process things more efficiently. There is not one single reality but as many as there are people, and our way of interpreting reality depends on us and on the context in which we live or have grown up.

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