



Como Superar el Miedo

By Paige Henderson, Kim Vastine, Sharon Kay Ball

BH Espanol, United States, 2014. Paperback. Book Condition: New. 160 x 109 mm. Language: Spanish . Brand New Book. Te imaginas vivir en permanente tension a causa de una relacion personal que te atemoriza? El miedo mutila, pero ya no tienes por que seguir esclavizada a esa emocion. Si para ti es importante complacer a los demas, quizas hayas permanecido en una relacion o tolerado el maltrato en alguien para esquivar el conflicto. Sin embargo, puedes ser libre de quienes imponen el miedo en tu vida. Este minilibro te ayudara a identificar la raiz de tu miedo, ya se trate del abuso sexual o alguna otra cosa que sea tan perjudicial como eso, y te llevara a superarlo para sanar y recuperar tu integridad. La escritora Kim Vastine relata una conmovedora historia de su ninez en que sufrio abuso sexual de un tio y el abuso fisico de su padre. Comparte las luchas mas intimas que tuvo a su corta edad, cuando se culpaba a si misma por no decir no a ninguno de los dos abusadores y por sentir la presion para ser perfecta. La seccion de los pasos hacia la libertad de Sharon Kay Ball prepara a las mujeres...



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