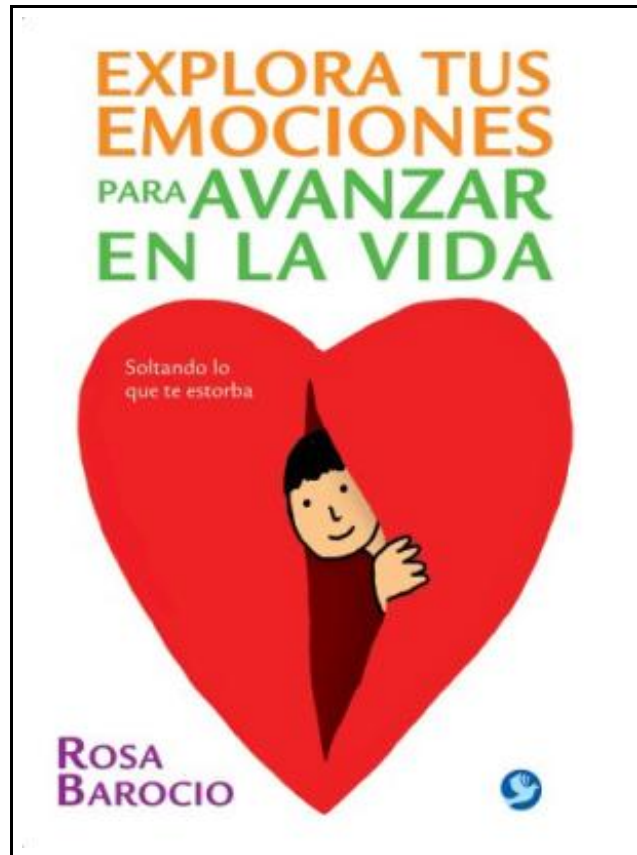


Explora Tus Emociones Para Avanzar En La Vida: Soltando Lo Que Te Estorba



Filesize: 2.63 MB

Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littell)

EXPLORA TUS EMOCIONES PARA AVANZAR EN LA VIDA: SOLTANDO LO QUE TE ESTORBA



Editorial Pax Mexico, United States, 2012. Paperback. Book Condition: New. 229 x 170 mm. Language: Spanish . Brand New Book. With a quiz at the beginning that helps readers determine their dominant temperament, this self-improvement manual also demonstrates what they can learn from other temperament types, all in an effort to achieve greater happiness. The author asks readers to imagine that they carry around a backpack that they ve spent a lifetime filling up with beliefs, values, attitudes, and repressed emotions. Rather than being weighed down by this baggage, though, she encourages them to replace unwanted and harmful items complacency, anger, self-pity, perfectionism, and others with positive parcels such as self-esteem, empathy, forgiveness, and integrity. This is an excellent resource for individuals who want to be able to examine themselves with clarity and honesty and accept those aspects of themselves they ve tried to hide for so long. Con un test al comienzo que ayuda al lector a determinar su temperamento dominante, este manual para la autosuperacion demuestra tambien que se puede aprender de los otros tipos de temperamentos con el fin de alcanzar mayor felicidad. La autora le pide al lector que imagine que carga consigo una mochila que ha pasado todo una vida llenando de creencias, valores, actitudes y emociones reprimidas. En vez de verse sobrecargadopor este equipaje, sin embargo, ella lo anima a reemplazar items superfluos y daninos la complacencia, el enojo, la autolastima, el perfeccionismo y otros con paquetes positivos como la autoestima, la empatia, el perdon y la integridad. Este es un excelente recurso para los individuos que quieren poder examinarse con nitidez y claridad y aceptar esas partes de si mismos que han acostumbrado a esconder por tanto tiempo.



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