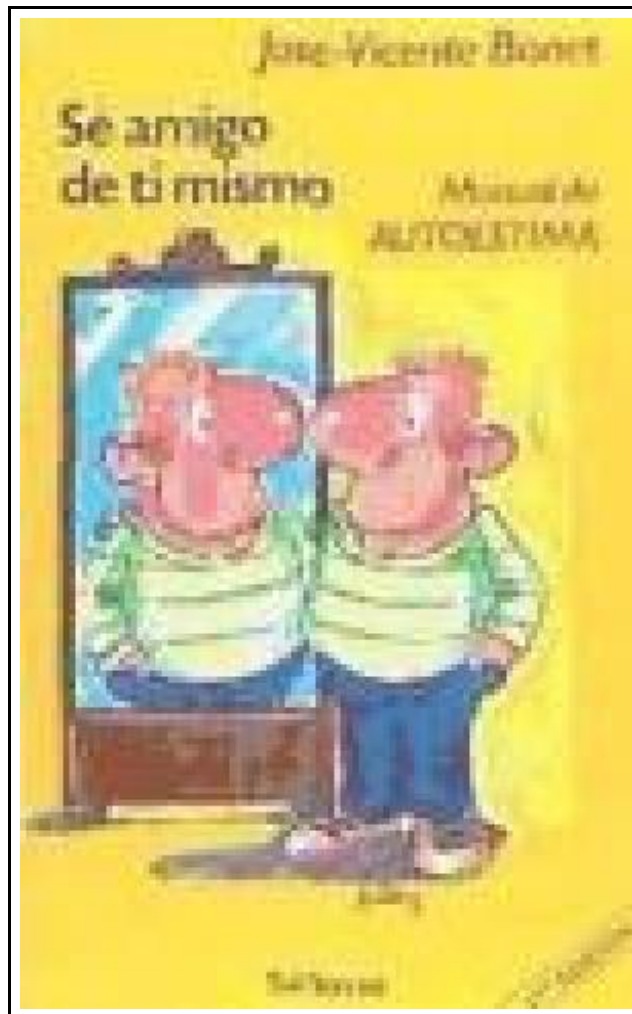


## Sé amigo de tí mismo: manual de autoestima



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Editorial Sal Terrae, 1997. soft. Book Condition: New. >, recomienda el maestro a su discípulo en un antiguo relato hindú transmitido por Tony de Mello en uno de sus libros:>. La psicología humanista está plenamente de acuerdo con esta recomendación. Todos sin excepción-mujeres y hombres, niños y adolescentes- necesitamos una aceptación fundamental de nuestro ser y de nuestra manera de ser, un sano amor de nosotros mismos, una autoestima suficiente, para avanzar en nuestro desarrollo personal e interpersonal. A juzgar por el número de libros publicados y de cursos ofertados, especialmente a partir de los años ochenta, existe entre nosotros un creciente interés por la autoestima. JOSÉ-VICENTE BONET, jesuita formado y formador en el Instituto >(Lonavla, India), fundado por Tony de Mello, y actualmente miembro del Centro > de Valencia, ha facilitado numerosos cursos y talleres de Autoestima tanto en la India como en España. En este manual comparte su reflexión y su experiencia personal y profesional en un estilo sencillo y ameno, utilizando casos reales, anécdotas y citas de sus autores favoritos. Las ilustraciones son de Antonio-José García Gómez, de Villafranca de los Barros. >(J. L Martín Descalzo).



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