



## SUPERE LOS PENSAMIENTOS NEGATIVOS: Libérese de la culpa, el miedo y la rabia, y mejore su autoestima

By Vijayadev Yogendra

Urano, España, 2013. Encuadernación de tapa blanda. Book Condition: Nuevo. Innovador y profundamente espiritual, este libro singular adopta, al mismo tiempo, un enfoque práctico en su programa para superar los sentimientos negativos que nos impiden avanzar y desarrollarnos plenamente como seres humanos. Distinto a todo lo que se ha publicado hasta ahora por su concisión y claridad pero, sobre todo, por su sorprendente capacidad para incidir en la conciencia del lector, Cómo superar los sentimientos negativos propone un recorrido por los sentimientos negativos que afectan a las personas -poca autoestima, culpa, ira, miedo y tedio- y nos ilumina sobre cómo estas emociones conducen a comportamientos compulsivos y autodestructivos. A continuación propone un plan en doce pasos para que, mediante herramientas prácticas e iluminadoras, seamos capaces de dejar atrás esos sentimientos que nos impiden disfrutar de la pura dicha y la alegría de vivir.



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