



Ataduras que liberan (Educación y familia) (Spanish Edition)

C. Terry Warner

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Por fin se publica en español este libro que lleva varios años siendo enseñado, debatido y prestado a familiares, amigos y compañeros.

La vida puede ser bella y nuestras relaciones con los amigos, el cónyuge y los compañeros, tremendamente satisfactorias. Pero también pueden provocarnos dolor, frustración, ansiedad e ira. Todos conocemos la diferencia entre sentirse abierto, generoso y a gusto con la gente y estar receloso, tenso y a la defensiva.

¿Por qué razón nos quedamos atrapados en las emociones negativas, si está claro que la vida es mucho más plena y rica cuando nos libramos de ellas? Ataduras que liberan es un libro que aporta soluciones para las emociones conflictivas abordando el problema de raíz. Aprenderás que todos somos responsables de sentimientos como la ira, la envidia y la inseguridad, de los que solemos culpar a los demás.

Aunque nos dé miedo admitirlo, en realidad se trata de una buena noticia. Si somos nosotros los que producimos dichas emociones, detener-las está en nuestra mano.

"Quiero aprovechar esta oportunidad para decirle a todo el mundo que en este libro encontrarán una clave indispensable para el crecimiento personal y para conseguir unas relaciones verdaderamente satisfactorias. Me ha inspirado mucho su mensaje". STEPHEN R. COVEY, autor de Los 7 hábitos de las personas altamente efectivas

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