



Quiero empezar de nuevo. Guía para enfrentar positivamente tus crisis personales (Spanish Edition)

Mildred Elena Barrios Matos, Juan Carlos Barradas Contreras

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Éste libro nos muestra el camino que nos permite superar las crisis de manera positiva y cimentar las bases de una nueva forma de ver la vida.

Gracias a explicaciones claras y a una serie de ejercicios de reflexión, podemos explorar nuestros recursos internos, describir nuestras fortalezas y debilidades, y canalizarlas de modo favorable para enfrentar las embestidas emocionales que se ocasionan durante la crisis.

De manera sutil, nos conduce a revisar nuestro pasado, a explorar nuestros sentimientos ante la crisis y a reflexionar respecto de las culpas. Posteriormente, nos dirige a pensar en el futuro, a clarificar y establecer nuevos objetivos y metas, y nos motiva a mantener la tenacidad para alcanzarlos.

Nos enseña cómo utilizar el sufrimiento y el dolor emocional para catapultarnos a ser mejores personas y a trascender como seres humanos.

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