



Transforma Las Heridas de Tu Infancia (Paperback)

By Anamar Orihuela

AGUILAR, Mexico, 2016. Paperback. Condition: New. Language: Spanish . Brand New Book. De Anamar Orihuela, autora del bestseller Hambre de hombre. Un libro que despeja el camino para lograr una vida feliz, plena, sin culpas ni complejos. La clave: aliviar el dolor de nuestro niño interior y sanar las heridas que nuestros padres y las circunstancias dejaron en nuestra vida. A veces crecemos con inseguridades, temores, dudas y un carácter marcado por el dolor, el miedo y el abandono. Llegamos a la edad adulta vigorosos y con el éxito en nuestras manos, o amargados porque la vida es cruel e injusta. Entonces reflexionamos: lo tenemos todo para ser felices pero algo nos pasa, una nube negra nos persigue, no somos capaces de tomar la mejor decisión, por qué? Con claridad, comprensión y una cercanía terapéutica amorosa, Anamar Orihuela define esas heridas que nos mortifican y agobian mientras crecemos: Rechazo, Abandono, Humillación, Traición e Injusticia. Explica cómo se manifiestan, en qué etapa de nuestra vida afectan nuestros sentimientos, qué antidotos son efectivos para sanar las heridas y cómo trascender las relaciones padre-hijo para aliviar, tener seguridad y vivir en confianza y armonía. Además, Transforma las Heridas de tu Infancia ofrece invaluable...



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