



## Explora Tus Emociones Para Avanzar En La Vida: Soltando Lo Que Te Estorba (Paperback)

By Rosa Barocio

Editorial Pax Mexico, United States, 2012. Paperback. Book Condition: New. 229 x 170 mm. Language: Spanish . Brand New Book. With a quiz at the beginning that helps readers determine their dominant temperament, this self-improvement manual also demonstrates what they can learn from other temperament types, all in an effort to achieve greater happiness. The author asks readers to imagine that they carry around a backpack that they've spent a lifetime filling up with beliefs, values, attitudes, and repressed emotions. Rather than being weighed down by this baggage, though, she encourages them to replace unwanted and harmful items with positive parcels such as self-esteem, empathy, forgiveness, and integrity. This is an excellent resource for individuals who want to be able to examine themselves with clarity and honesty and accept those aspects of themselves they've tried to hide for so long. Con un test al comienzo que ayuda al lector a determinar su temperamento dominante, este manual para la autosuperación demuestra también que se puede aprender de los otros tipos de temperamentos con el fin de alcanzar mayor felicidad. La autora le pide al lector que imagine que carga consigo una mochila que...



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