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¿Por qué sufrimos? ¿Cómo puedo enfrentar mis miedos? ¿Es posible dejar de alimentar relaciones destructivas? ¿Puedo aumentar mi autoestima? Estas preguntas y muchas más las responde Silvia Olmedo en este libro directo, valiente, sincero y lleno de alternativas para transformar tu vida. Con un lenguaje dinámico y sencillo, la reconocida autora de Los misterios del amor y el sexo explora los sentimientos más profundos del ser humano que lo llevan a la desilusión, el pesimismo, la depresión o la angustia, para mostrar el camino de la recuperación. Apoyada en una extraordinaria investigación académica y en el conocimiento de numerosas personas que le han revelado sus secretos, Silvia Olmedo revierte las situaciones negativas en posibilidades de aprendizaje, nos conduce por el camino de la reflexión y el autoconocimiento para lograr la plenitud y la felicidad. En sus páginas descubrirás, además, cómo los sucesos traumáticos de nuestra vida determinan nuestro presente, y cómo erradicar con novedosos tips y recomendaciones las sensaciones negativas de miedo, soledad, desesperación. ENGLISH DESCRIPTION Why do we suffer? How can I face my fears? Is it possible to stop falling into destructive relationships? Can I improve my self-esteem? Silvia Olmedo responds to these questions and many more in this direct, brave, and sincere book that is full of ideas to transform your life. In simple, dynamic terms, the renowned author of The Mysteries of Love and Sex explores human beings' deepest feelings—feelings that can lead to disappointment, pessimism, depression, or anxiety—in order to show the path to healing.

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Este libro es una maravilla que bueno que ya se puede conseguir en USA. Yo lo leí en Navidad que viaje a Mexico a ver a mi familia y en verdad me cambio la vida ayudandome a poder entender muchas de las cosas que me pasan. Lo que mas me gusto es la sencillez con la que Silvia explica como nosotros mismos podemos cambiar nuestra vida reinventandonos. Si estas pensando en comprarlo, no lo dudes.

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