



aprendiendo de jesus a expresar nuestras emociones

By Vv.Aa.

DESCLEE DE BROUWER, 2012. Condition: Nuevo. Este libro está dirigido a toda persona que desee ser feliz y esté dispuesta a asumir el esfuerzo y el sacrificio que la búsqueda de la felicidad conlleva. Su objetivo es ofrecer al lector herramientas para conocer mejor sus emociones y aprender a expresarlas de una forma positiva y liberadora. En esta obra se describen en detalle algunas de las emociones más comunes que experimenta el ser humano a fin de que pueda reconocerlas e identificarlas en su vida diaria. A su vez, utilizando textos del Evangelio de Lucas, se presenta a Jesús como el maestro que enseña a cada persona a desarrollar plenamente su humanidad y proporciona una guía para confrontar el modo particular del lector de expresar sus emociones con el modo en que Jesús experimentó y expresó las suyas. Además incluye pistas para iniciar un proceso de transformación personal que tiene como fin construir las bases de una felicidad duradera. Su lenguaje sencillo y ágil invita a la comprensión de temas profundos de modo simple y ameno. Solo queda aceptar el reto de leerlo y comenzar a sumergirse en la aventura.



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