



del Caos Emocional a la Paz Interior: Como Lograr Una Sanacion Integral

By David Sola

Tyndale House Publishers, United States, 2016. Paperback. Book Condition: New. 226 x 150 mm. Language: Spanish . Brand New Book. Cuando no somos capaces de entender ni de gestionar lo que sentimos, nos encontramos en una situación de caos emocional. Nuestra capacidad y coherencia entre la razon, las emociones y la accion desaparece, perdemos el control, nos enfermamos, sufrimos y hacemos sufrir. La paz interior, en cambio, es mas que la ausencia de conflicto o inquietud; es el retorno al equilibrio, a sentirse completo, a la armonia con la vida y todo lo que en ella hay. Hay diversas razones por las que podemos llegar a ser victimas de nuestras propias emociones. Pero hay un camino facil y seguro que disuelve el caos emocional, sana nuestro interior y nos devuelve la paz perdida transformandonos en la persona que realmente podemos ser. A traves de los diferentes capitulos el lector puede encontrar e identificar numerosos trastornos emocionales con ejemplos de casos resueltos, junto con una metodologia sencilla de aplicar y eficaz para todos los casos. When we are not able to understand or manage what we feel, we are in emotional chaos. Our capacity for reason, emotion, and action disappears; our interior coherence disappears,...



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