

# La Herida Del Abandono Expresa Tus Emociones Para Sanarte

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en un mundo que se mueve rápido y espera reacciones aún más rápidas las emociones a menudo se malinterpretan se reprimen o se ignoran pero y si tus emociones tanto las alegres como las dolorosas tuvieran la clave para una vida más pacífica y plena cómo gestionar tus emociones y encontrar la paz interior es una guía poderosa para comprender todo el espectro

de las emociones humanas desde el miedo y la ira hasta el amor la confianza y la esperanza basado en profundos conocimientos psicológicos este libro te ayuda a reconocer lo que tus sentimientos intentan decirte cómo moldean tu comportamiento y cómo responder con claridad en lugar de reaccionar con confusión a través de una guía compasiva y sabiduría práctica aprenderás a liberarte del pensamiento negativo a dejar de sobreanalizar y finalmente hacer las paces con tu mundo interior ya sea que luches contra la ansiedad la sobrecarga emocional o heridas no resueltas del pasado este libro te proporcionará las herramientas para sanar crecer y abrazar tu auténtica fuerza emocional este no es solo un libro sobre sentimientos es un viaje para volverte más autoconsciente emocionalmente inteligente y profundamente conectado con quien realmente eres

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