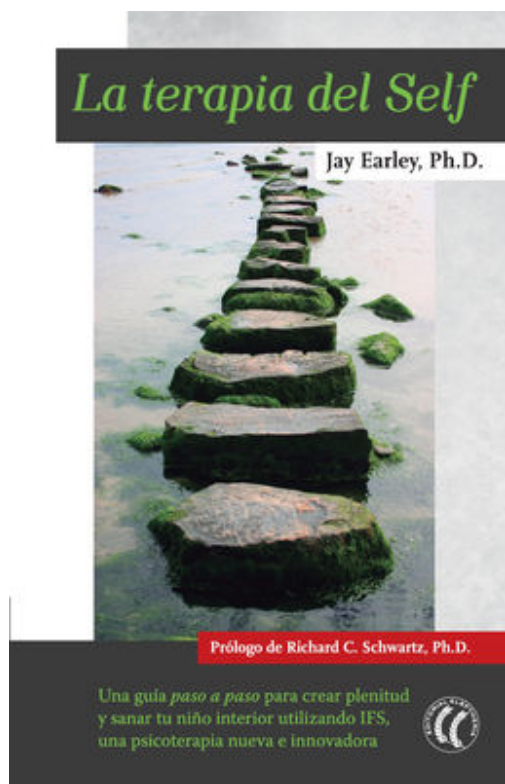


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La terapia del Self te enseña con todo detalle cómo usar el enfoque IFS (Sistemas de la Familia Interna) para trabajar cuestiones problemáticas de tu vida y resolverlas. Esto incluye destapar y entender lo que pasa en tu mente: tus motivaciones inconscientes, bloqueos y conflictos internos. Llegas a conocerte a un nivel profundo, aprendes cómo sanar las heridas, el miedo y las creencias negativas que la mayoría de nosotros cargamos como lastre. El proceso IFS transformará tus partes problemáticas en recursos de sabiduría interna, espontaneidad, apoyo en ti mismo y apertura. Te ayudará a mejorar la capacidad de relacionarte con la gente, tener éxito en tu trabajo y estar feliz y satisfecho con tu vida.

Title	:	La terapia del Self
Author	:	Jay Earley
Categoría	:	Psicología
Publicación	:	22/05/2016
Editorial	:	Eleftheria
Vendedor	:	Bookwire GmbH
Páginas impresas	:	370 páginas
File Size	:	6.70MB

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