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Pedro Moreno

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Aprender De La Ansiedad La Sabiduria De Las Emociones Serendipity

Alan Watts



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Aprende de la Ansiedad: La Sabiduria De Las Emociones pedro moreno,2013 **Aprender de la ansiedad** Pedro Moreno,2017 *Voy a ser asertiva* Olga Castanyer Mayer-Spiess,Olga Cañizares Gil,2017-10-26 En el terreno personal y profesional las mujeres nos enfrentamos a diario a situaciones en las que la falta de asertividad nos lleva a recurrir a formas de expresi n excesivamente agresivas que anulan nuestro mensaje o bien acabamos por callar ante el temor de provocar un conflicto Voy a ser asertiva es un manual pr ctico que expone las competencias b sicas para desarrollar la autoestima y la asertividad femeninas Qu es necesario para que las mujeres t yo nosotras nos sintamos completamente seguras confiadas capaces e independientes Quiz s nos han ense ado a comportarnos de manera sumisa o al contrario hemos tenido que aprender a ser agresivas para abrirnos camino en la vida Sea como sea en cualquier momento podemos reaprender actitudes pensamientos y conductas asertivas que nos lleven a sentirnos plenas Imag nate desarrollando todo este potencial De qu te servir a ser as la misma qu cambiar a Para ello necesitaremos conocernos a fondo aprender a regular bien nuestras emociones a querernos a valorarnos a ser capaces de motivarnos y de ser asertivas En definitiva autoafirmarnos desde el respeto y la igualdad Porque una no nace m s o menos asertiva Se trata de pensamientos y conductas que se aprenden Pero c mo Te proponemos iniciar un camino en el que con la ayuda de las competencias de la inteligencia emocional podr s conocerte mejor y gustarte de verdad al mismo tiempo que aceptas todo aquello que no te satisface aprendes a diferenciarte de los dem s y a comunicarte con los que te rodean desde tu independencia y respeto teniendo criterios claros y poder as finalmente actuar asertivamente Quieres acompaarnos en este viaje hacia ti misma **Libros espa oles** ,1979 La sabiduría de las emociones Norberto Levy,2001 C mo interpretar el miedo el enojo la culpa la envidia la verg enza **La Sabiduría de la inseguridad** Alan Watts,1987 Spanish translation of The wisdom of insecurity Watts discusses how to live in an insecure world La sabiduría de la inseguridad Alan Watts,2008

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