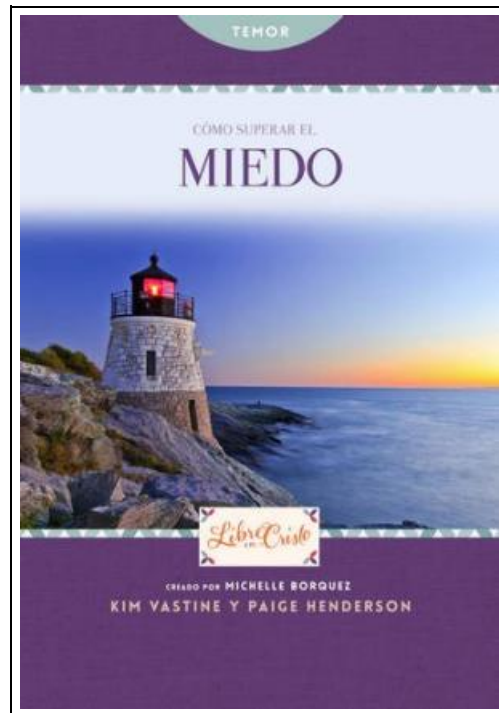


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Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.

(Tomas Witting)

COMO SUPERAR EL MIEDO



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BH Espanol, United States, 2014. Paperback. Book Condition: New. 160 x 109 mm. Language: Spanish . Brand New Book. Te imaginas vivir en permanente tension a causa de una relacion personal que te atemoriza? El miedo mutila, pero ya no tienes por que seguir esclavizada a esa emocion. Si para ti es importante complacer a los demas, quizas hayas permanecido en una relacion o tolerado el maltrato en alguien para esquivar el conflicto. Sin embargo, puedes ser libre de quienes imponen el miedo en tu vida. Este minilibro te ayudara a identificar la raiz de tu miedo, ya se trate del abuso sexual o alguna otra cosa que sea tan perjudicial como eso, y te llevara a superarlo para sanar y recuperar tu integridad.La escritora Kim Vastine relata una conmovedora historia de su ninez en que sufrio abuso sexual de un tio y el abuso fisico de su padre. Comparte las luchas mas intimas que tuvo a su corta edad, cuando se culpaba a si misma por no decir no a ninguno de los dos abusadores y por sentir la presion para ser perfecta. La seccion de los pasos hacia la libertad de Sharon Kay Ball prepara a las mujeres para el trauma que expondran cuando evoquen memorias del abuso que sufrieron. La autora ofrece a las mujeres pasos para perdonar y, en definitiva, convertir sus miedos en lo que las vuelve valientes.Do you know what it s like to walk on eggshells around someone out of fear? Fear is crippling, but you don t have to be a slave to fear any longer. As a people-pleaser, you might have stayed in a relationship or withstood abuse from someone to side-step conflict, but you can be freed from people who bring fear into your life. This minibook will help you...



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