



## El Mapa de la Autoestima (Spanish Edition)

*martín ross*

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“El Mapa de la Autoestima es un libro para descubrir y recorrer, a pasos meditados, tus zonas más recónditas. Con tópicos sobre la personalidad, el carisma, el entrenamiento emocional, y las suaves locuras de los amores románticos que forman parte de las fuerzas de la seducción.” Diario Clarin.

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De una manera sencilla, utilizando historias reales, ejemplos y preguntas, nos permite conocer y visualizar nuestro mapa personal. Destaca varios tipos de autoestima y sus consecuencias, en el manejo de las emociones; así como el concepto de “hazañas”, “anti-hazañas” y como manejar, y superar estas últimas. Me sorprendieron realmente los descubrimientos que hice acerca del comportamiento y actitudes; mías, de mi esposo y personas allegadas.

Me encantó y por ello, comparto contigo “mi descubrimiento”, espero contribuya con tu bienestar personal. No te lo pierdas!!!” Tuestima.com

"El mapa de la autoestima Autoestima, ha mostrado una creciente influencia en los trabajos de investigación psicológica, y en los grupos de motivación. Te recomiendo este libro para que veas otro punto de vista sobre la propia consciencia. Te ayudará a encaminar tus pasos.

A partir de este momento este libro El Mapa de la Autoestima puede ser tu Biblia para hacer del mundo un lugar mejor. Entretenido, aborda fobias, pensamientos auto-destructivos, etc. pero sobre todo el estilo de la narrativa psicológica es muy fácil de leer." Alcanzarlafelicidad.com

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