

Gaby Perez Islas Libros Pdf Gratis

Gaby Pérez Islas, Claudia Sánchez, María Mercedes D'Acosta, Renata Roa

Tu camino para sanar Gaby Pérez Islas, Claudia Sánchez, María Mercedes D'Acosta, Renata Roa, 2020-09-14 En este libro se juntaron cuatro mujeres superpoderosas para responder la pregunta del millón: ¿Cómo puedo aprovechar la vida al máximo? Las conozco muy bien y las interrogo todo el tiempo en el programa para que me cuenten las claves de la vida. Sé que han encontrado la respuesta, pues detrás de ellas hay mucho, pero mucho trabajo personal. —Martha Debayle Cada uno de los doce verbos que conforman este libro es un paso que debemos dar en el camino hacia el amor propio y el autocuidado. Necesitamos movernos de un estado que nos daña a uno que nos sana. Esta es una consulta personal y, al mismo tiempo, una plática con una amiga cercana. Las cuatro especialistas que aquí se reúnen crearon un plan integral de sanación que te muestra cómo cuidar de ti: • Gaby Pérez Islas te comparte el poder de agradecer, el valor de perdonar y la capacidad de reenamorarte de la vida. • Renata Roa te revela cómo leer tu rostro, expresar mejor tus emociones y disfrutar del ahora. • Claudia Sánchez M. te enseña a conocerte a través de la numerología conductual y aprovechar tus habilidades especiales. • Mercedes D'Acosta te ofrece los mejores consejos para evitar y corregir lesiones físicas que impiden tu bienestar.

La Muerte del Amor: Cómo Atravesar El Duelo de Una Ruptura / The Death of Love: How to Navigate Grief After a Breakup Gaby Pérez Islas, 2023-09-20 EL AMOR PUEDE MORIR. Algunas veces anuncia su final y en otras solo sucede. En todos los casos siempre implica un proceso doloroso. ¿Cómo saber si una relación está agonizando o puede ser salvada? ¿Por qué motivos fallece? ¿Qué acaba con la pasión? ¿Sabrías tomar el mejor camino para afrontar una ruptura? Quizá no sepas cuál será el destino, pero lo cierto es que su final no es tu propio fin. Gaby Pérez Islas, la tanatóloga más reconocida de México, aborda en este, su séptimo libro, el duelo de la muerte del amor. Con su particular calidez y su experiencia terapéutica, a través de ejercicios y testimonios, te ayuda a reconocer los indicios del desamor, a revertirlos y a darle un giro a la relación. Y si realmente fuera el momento del adiós, Gaby te toma de la mano para mostrarte cuáles son las herramientas emocionales que te permitirán elaborar bien tu duelo y diseñar un nuevo proyecto de vida.

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