



Enojo inteligente (Spanish Edition)

Gustavo Bedrossian

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No existe una vida sin enojos. Todos discutimos, peleamos, luchamos por las cosas que consideramos que valen la pena. Y eso está muy bien, ya que el enojo cumple una función importante. Pero debemos aprender a manejarlo para que nuestras explosiones no terminen lastimando a los demás, en especial a las personas que amamos.

Enojo inteligente propone un camino para abordar los conflictos sin caer en enfrentamientos estériles, partiendo de la base de que la mejor solución es resolver positivamente todo lo que sucede en tu vida emocional.

Un manual para enojados crónicos, pero también una invitación a enojarse para aquellos que prefieren evitar este sentimiento complicado, aunque necesario. Con principios espirituales profundos y herramientas sencillas y prácticas, aprenderás que mirar hacia tu interior y acercarte a Dios es una gran herramienta para empezar a cambiar.

Lo harás posible si no muerdes el anzuelo del enojo a cada instante, mides las reacciones desproporcionadas y vuelves a la calma con mayor celeridad, los tres factores claves para no sucumbir a la ira.

Un enojo inteligente protege las relaciones; un enojo inteligente promueve la salud. Un enojo inteligente siempre viene acompañado de un sentido de dignidad. Las personas cambian cuando aplican estos principios y herramientas. No eres menos que el otro. También puedes cambiar.

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