



Vuelve a empezar: La vida te da una nueva oportunidad (Spanish Edition)

Walter Dresel

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La vida nos sumerge en circunstancias de las que, sabemos, no saldremos iguales. Quiebres profundos que nos enfrentan a lo irremediable y, a la vez, a nosotros mismos. No importa demasiado si se trata de una pérdida en el área de los afectos, de un problema económico, laboral, en el ámbito familiar, o de la salud. Los sentimientos que nos embargan son muy similares: en el comienzo, miedo, impotencia, rabia e ira, y una tristeza profunda después. Lo que nos va a diferenciar es lo que hacemos con esos sentimientos que son básicamente destructivos.

El doctor Walter Dresel nos propone aceptar el presente y reconciliarnos con lo que ya no podemos cambiar. ¿Cómo? Ayudándonos a preservar nuestra autoestima, base sobre la que se asentará lo que hemos de construir.

Vuelve a empezar es un libro esperanzador y de mucha vitalidad, que nos acompañará en el camino de sanación, y que nos alienta a confiar en nosotros mismos y en nuestra capacidad para imaginar un futuro distinto.

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