



Tu escudo emocional (AMBITO PERSONAL) (Spanish Edition)

By Barbara Berckhan



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Tu escudo emocional reflexiona sobre cómo afrontar y gestionar de forma adecuada situaciones conflictivas, molestas, agobiantes o estresantes. Aprender a no tomarse las cosas demasiado a pecho es una forma de protegerse y la autora propone para ello una serie de técnicas fáciles y posibles para afrontar el día a día.

Consejos prácticos, con muchos ejemplos sacados de la vida diaria.

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Tu escudo emocional (AMBITO PERSONAL) (Spanish Edition) By Barbara Berckhan Bibliography

- Rank: #1241941 in eBooks
- Published on: 2015-06-04
- Released on: 2015-06-04
- Format: Kindle eBook

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