



8 claves para superar los traumas de forma segura: Estrategias para tomar las riendas de su curación (Spanish Edition)

Babette Rothschild

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Superar un trauma es un camino repleto de dificultades, que no suele recorrerse de manera ordenada y lineal. Existen muchas terapias y tratamientos propugnados por autores y profesionales, por eso es fácil que nos sintamos saturados con tanta información contrapuesta y poco seguros de cómo manejar nuestra recuperación, con o sin terapeuta.

En este libro, Babette Rothschild presenta ocho claves que se pueden utilizar individualmente o junto con otros libros o tratamientos para superar mejor los traumas. Más que un método o un tipo de tratamiento más, Rothschild presenta un enfoque de la superación que ayuda a reconocer las necesidades individuales y a evaluar si se están satisfaciendo, proporcionando las herramientas necesarias para navegar por el camino hacia la recuperación de forma segura.

Breve, agradable y accesible, el libro de Rothschild apunta directamente a lo seguro: una recuperación con éxito que motiva y convence al lector. Si los recuerdos del trauma afectan su vida o la de alguien que usted conoce, necesita este libro.

Los lectores que han experimentado hechos traumáticos encontrarán en 8 claves para superar los traumas de forma segura una herramienta muy útil para trabajar con su terapeuta profesional.

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