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Jessamy Hibberd, Jo Usmar

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¿Has tenido en alguna ocasión la sensación de que algo te estaba lastrando? Los demás parecen creer que en tu vida todo es coser y cantar, pero tú no haces más que dudar de ti mism@ y tus inseguridades evitan que consigas las cosas que quieras: en tu trabajo, en la familia, en tus relaciones... Pues ya está bien: siempre es posible romper círculos viciosos en tu carácter y en tu comportamiento. Este pequeño libro te permitirá cambiar cómo te sientes.

La doctora Jessamy Hibberd y Jo Usmar te proporcionarán las herramientas para construir tu autoestima y llegar al máximo de tus posibilidades. Sus técnicas y ejercicios prácticos basados en las últimas investigaciones de terapia cognitiva y en la psicología moderna constituyen una agradable y natural manera de ganar confianza en todos los aspectos tu vida.



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