



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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People live in this new day and time of lifestyle always attempt to and must have the free time or they will get a great deal of stress from both day to day life and work. So, once we ask do people have free time, we will say absolutely without a doubt. People are human not really a huge robot. Then we ask again, what kind of activities are there when the spare time comes to you of course your answer will certainly be unlimited. Then do you try this one, reading guides. It can be your alternative within spending your spare time, often the book you have read is Enojo inteligente (Spanish Edition).

Stuart Perez:

Playing with family in a park, coming to see the ocean world or hanging out with close friends is something that usually you have done when you have spare time, and then why you don't try something that is really opposite from that. A single activity that makes you not feel tired but still relaxing, thrilling like on a roller coaster you have already been riding on and with additional details. Even you love Enojo inteligente (Spanish Edition), you could enjoy both. It is a good combination, right, you still want to miss it? What kind of hang-out type is it? Oh, occur to its mind hangout folks. What? Still don't obtain it, oh come on it's called reading friends.

Heather Bly:

What is your hobby? Have you heard that will question when you got students? We believe that that issue was given by a teacher to their students. Many kinds of hobbies, everybody has a different hobby. Therefore you know that little person such as reading or as examining become their hobby. You need to know that reading is very important and a book is the matter. A book is an important thing to include your knowledge, except your personal teacher or lecturer. You find good news or updates regarding something by book. A substantial number of sorts of books that you can take to be your object. One of them is Enojo inteligente (Spanish Edition).

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