

Sanando Heridas Mientras Rompo En Llanto Para Descargar Gratis

Jairo Guerrero

Sanando Heridas Jairo Guerrero, 2021-11-09 Todo el mundo dice que es fácil olvidar, que es tan sencillo soltar, pero se equivocan, porque cuando se quiere de verdad decir adiós cuesta bastante. Siempre que se intenta se vuelve a lo mismo, recordar lo felices que alguna vez fuimos. Sientes que la vida se acaba, que te has quedado siendo solo un esqueleto que deambula por las calles lleno de heridas. *Sanando Heridas Mientras Rompo en Llanto* es un libro para todo aquel que se encuentra en el proceso, después de recibir una despedida o experimentar las decepciones. Vas a adentrarte en el mundo de la resiliencia, encontrarte contigo mismo, con un toque nostálgico que de a poco te irá sanando, pero también te estará rompiendo en llanto. Un libro sin géneros, libre de desnudar cada página para hacerte sentir cada vez menos roto, con cada verso ir buscando el respiro y encontrar las puertas de aquel laberinto del que no puedes salir. El primero de dos poemarios que presenta Jairo Guerrero y que promete ser tu fiel compañero durante todo el proceso en que te alejas del sitio que tanto duele y comienzas de nuevo. ¿Te arriesgas a vivirlo? . . . NOTA: Si este libro llega a ser de gran impacto para ti, no olvides darle 5 estrellas para ayudar a más personas y sanar sus heridas.

Sanando la herida materna Aura Medina de Wit, 2022-02-18 Limpia el espejo de tu linaje femenino, cultiva tu verdadero ser. Las mujeres podemos tener futuros felices si sanamos nuestro pasado. ¿Has experimentado el síndrome de la impostora? ¿Te has sentido insuficiente? ¿Culpable por querer más? ¿Tienes vergüenza? ¿Crees que necesitas ser pequeña, estar callada y bien portada para ser amada? Si la respuesta a estas preguntas es afirmativa, sufres de una herida que va más allá de tu madre, tu abuela, e incluso de tu familia. Es una lesión generacional del colectivo femenino. La buena noticia es que la puedes trabajar y curar a nivel personal. Desde su experiencia como terapeuta, Aura Medina de Wit te guiará para atender el pensamiento de ser menos que has internalizado para así evitar pasarlo a tus hijas. Con su ayuda podrás dejar de tolerar el trato abusivo, parar de competir compulsivamente con otras mujeres, abandonar comportamientos tóxicos como el autosabotaje, la rigidez y el control absurdo. Aprende, de la mano de Aura, a reconocerte en tu individualidad, agradecer tu femineidad y fluir siendo completamente tú.

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have shown that the afterburn effect of
intense exercise is less than we have
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slight calorie deficit 2 walk on a
treadmill for 60 minutes as soon as you
wake up 3 walk on a treadmill for 60
minutes again right before dinner 4 do
this 6 days per week i m not saying that
the routine above is optimal at all this

is way too much time to devote to
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