



El secreto de la autoestima (Spanish Edition)

Antoni Bolinches

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La principal idea que defiende El secreto de la autoestima es que «en la vida los buenos momentos son para disfrutarlos y los malos para aprender».

Partiendo de esa base, Antoni Bolinches utiliza toda su experiencia clínica y su capacidad pedagógica para crear un programa de autoayuda que, a través del autoanálisis, la autocrítica y el desarrollo de las facultades psicológicas del lector, facilita que este incremente su seguridad hasta un punto que le permita sentirse realizado y feliz, descubriendo el origen de sus inseguridades y las cosas que puede hacer para ganar confianza en sus capacidades personales.

En este nuevo libro, el autor desarrolla un sistema de autoayuda fundamentado en su método terapéutico para sentar las bases de una nueva teoría de la seguridad con la novedosa inclusión de la competencia sexual como fuente de autoafirmación. Con esta instructiva obra, Bolinches desarrolla al máximo su creatividad y autoridad terapéutica para convertirse en autor de referencia de la psicología moderna.

Se ha dicho sobre la obra:

«Un libro ameno, bien sustentado e inteligente que sin duda ayudará al crecimiento personal de los lectores y a fortalecer su amor propio. Lo recomiendo especialmente.» Walter Riso, autor entre otros libros del bestseller Amar o depender.

«Antoni Bolinches se revela como uno de los grandes autores de referencia de la psicología mundial contemporánea por el calado de su pensamiento y por la potencia transformadora de sus herramientas aplicadas. Este es un libro extraordinario porque nos desvela, de forma lúcida, amable y perfectamente comprensible, grandes claves del crecimiento y la mejora del ser humano.» Álex Rovira, autor entre otros libros del bestseller La buena suerte

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