



Curso práctico de autoestima (Dynamis) (Spanish Edition)

Alfonso Barreto Nieto

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La autoestima es un aspecto muy importante en la vida de toda persona. No es fácil concebir la vida despreciándonos a nosotros mismos o criticándonos por cualquier actuación que no raye en la perfección. La vida es un sistema flexible de oportunidades para mejorar y trascendernos como personas. Este libro trata sobre la autoestima como una posibilidad de obtener un bienestar psicológico necesario para nuestras vidas, en medio de un mundo bastante caótico y complicado. El contenido es breve, está compuesto por lecciones sencillas que ofrecen ideas y actitudes para poner en práctica, y la descripción de situaciones reales. Con todo ello, y el lógico ejercicio personal, se trata de ayudar a las personas interesadas a mejorar su situación vital.

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