



## Como curar un corazón roto (Spanish Edition)

*Gaby Perez Islas*

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# Como curar un corazón roto (Spanish Edition)

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## **Como curar un corazón roto (Spanish Edition)** Gaby Perez Islas

Todos los días nos enfrentamos a diferentes tipos de pérdidas: desde cosas a las que tenemos gran apego, hasta divorcios, la muerte de un ser querido, un cambio de domicilio, la pérdida de un empleo, de una mascota o de la salud, adicciones, trastornos de la alimentación, secuestros, suicidios y sueños no alcanzados.

Cómo curar un corazón roto es un manual de sanación y crecimiento claro, directo y práctico; es un tanatólogo de buró para ti, que deseas enfrentar el tema de las pérdidas y de la realidad de la muerte, pero sobre todo es un libro que te hablará sobre la vida, cómo vivirla con intensidad, responsabilidad y sentido, motivándote a recuperarte y sanar el dolor.

No cargues con una pesada maleta de duelos no resueltos, llena de rencores, "no perdones" y resentimientos; limpia de una vez esa tristeza y heridas que marcan tu vida. Gaby Pérez Islas te guía y aconseja sobre qué hacer ante una pérdida, qué no decir al confortar, lo que sí ayuda, cómo explicar a los niños situaciones límite, reponerse, recuperar la autoestima y el sentido de seguridad, y salir fortalecido para alcanzar de nuevo una vida feliz.

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