



SUSURRAR A LA MENTE (Spanish Edition)

Tara Bennett-Goleman

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En esta obra inteligente y sugestiva, la reconocida escritora Tara Bennett-Goleman nos propone nuevas maneras de emanciparnos de los hábitos autodestructivos y encontrar una genuina libertad emocional. Combinando los últimos hallazgos de la psicología cognitiva, la neurociencia, la filosofía oriental y su experiencia con el método de susurrar a los caballos, Tara Bennett-Goleman nos ayuda a liberarnos de los obstáculos mentales más problemáticos para que podamos identificar los detonantes emocionales y los hábitos disfuncionales que operan en nosotros y en nuestras relaciones. Con claridad y lucidez, Susurrar a la mente nos proporciona las herramientas para que empecemos a crear patrones nuevos y positivos en nuestra vida y entorno.

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