

WALTER RISO

Sabiduría emocional

Un reencuentro con las fuentes
naturales del bienestar y
la salud emocional



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Sabiduria Emocional Un Reencuentro Con Las Fuertes Naturales Del Bienestar Y La Salud Emocional

Walter Riso



Sabiduría Emocional Un Reencuentro Con Las Fuertes Naturales Del Bienestar Y La Salud Emocional:

Sabiduría emocional Walter Riso, 2006-12 This well written self help book deals with our emotions showing the difference between the primary emotions like happiness sadness and pain and the secondary invented by society like anxiety hate depression and fondness **Sabiduría emocional** Walter Riso, 2008 **Sabiduría emocional /Emotional Wisdom**

Walter Riso, 2016-09 These pages constitute a call to restore the balance of mind and body by rescuing one of our most valuable resources one that we find more and more regulated and discredited every day In the expert opinion of the therapist Walter Riso rational intelligence is one of the greatest adaptive tools that humans can count on and thank for their daily survival Nonetheless this does not guarantee equilibrium internal harmony or physical and psychological health It is necessary to complement this part of one s self with the innate power and wisdom that inhabits our emotions This book shows us how to integrate these components in a constructive manner and to take advantage of them for our benefit

Asertivos Sonia González Boysen, 2019-05-21 Ser o no ser asertivo esa es la cuesti n Los seres humanos hemos logrado innovar de manera sorprendente en el mbito tecnol gico y cient fico pero nos cuesta trabajo ser asertivos para mantener una conversaci n fluida libre serena equilibrada clara espont nea y armoniosa capaz de generar una influencia relevante y contundente En estas p ginas recibir s un mentoring completo con las 21 claves de comprobada aplicaci n para lograr no solo concientizar la importancia de mantener una comunicaci n saludable en tu vida sino tambi n identificar cu les son los malos h bitos comunicativos m s comunes el negativismo miedos paralizantes quejas en tus relaciones interpersonales las preocupaciones la envidia el rencor la falta de perd n gente t xica personas dif ciles la procrastinaci n las peleas y m s Aprender s a aplicar las claves para saber c mo tratar con esos vicios comunicativos convertirlos en oportunidades de mejora y cimentar as la plataforma para tu m ximo potencial de desarrollo personal *Amar o depender?* Walter Riso, 2004-08 Each year millions of people are victims of a bad relationship and are unable to do something about it because of the fear of losing their love ones or to be lonely This book will help you make of love a healthful experience *Camino hacia el sí mismo. Las cuatro facetas humanas desde una psicología integrativa* Gustavo Andrés Marín, 2019-11-25 M s que un libro ste es un espejo porque nos da la posibilidad de mirarnos y reconocernos C mo nos determinan los pensamientos qu pasa con mis emociones cu l es el sentido de la vida y c mo trascendemos son algunos de los cuestionamientos que el autor va abordando de manera profunda a partir de su reflexi n como profesional experimentado de la salud mental Esta mirada se potencia con la suma de su trayectoria acad mica sin descuidar la calidez humana al transmitir lo que nos va comunicando en cada tramo del texto Esta actitud es absolutamente comprensible y esperable ya que quien nos habla desde este libro espejo ha transitado un amplio camino de autoconocimiento camino laber ntico en el que el autor da cuenta que se ha perdido y encontrado numerosas veces El libro nos muestra que la b squeda de la plenitud implica un camino para llegar al S Mismo que como dice Jung es el centro regulador y unificador de la psique total consciente e inconsciente que debemos explorar toda la vida Y

afirma el autor Para vivir de acuerdo al S Mismo es necesario integrarse como persona integrar el pensar el sentir el existir y sin olvidar la faceta espiritual que es esencial para una vida con sentido que ha sido negada y desvalorizada por la ciencia occidental y poco estimulada por las religiones que est n m s preocupadas por mantener la ortodoxia que por la evoluci n espiritual **Sabidura' emocional** ,2007 El Poder Del Pensamiento Flexible Walter Riso,2016-09 Biblioteca Walter Riso Categor a Desarrollo humano Clasificaci n Dewey SEL023000 Autoayuda Autoestima Clasificaci n BIC9786074006643 P ginas 2012 Formato Peso 245 00 MX 16 95 USD Derechos de venta para El poder del pensamiento flexible pensamiento flexible personalidad psicolog a mente flexible mente r gida adaptabilidad Walter Riso VER FICHA DEWEY COMPLETA OBRAS RELACIONADASver m s Cuentos para pensar incluye CD Nueva edici n Cuentos para pensar incluye CD Nueva edici n BUCAY JORGE Vaca para j venes La Vaca para j venes La CRUZ CAMILO Efecto luna de miel El Efecto luna de miel El LIPTON BRUCE H Arte de la seducci n El Segunda edici n tapa blanda Arte de la seducci n El Segunda edici n tapa GREENE ROBERT AUTORES ver m s autoresWALTER RISO Walter Riso es doctor en psicolog a especialista en terapia cognitiva y magister en bio tica Desde hace veintiocho a os trabaja como terapeuta pr ctica que alterna con el ejercicio de la c tedra universitaria la realizaci n de investigacio CONOCE M S TIENE LIBROS COMO Amar o depender libro electr nico Amar o depender libro electr nico Sabidur a emocional Un reencuentro con las fuentes naturales del bienestar y la salud emocional Sabidur a emocional Un reencuentro con las fuentes **De regreso a casa** Walter Riso,1997 **Sabiduría emocional : herraminetas cotidianas para transformar la ira, la depresión y el miedo** Mantak Chia,Dena Saxer,2010-09 Esta obra revolucionaria revela las poderosas herramientas de la tradici n milenaria tao sta para transformar los sentimientos de duelo en felicidad y salud los llamados sentimientos negativos son en realidad mensajes valiosos que nos advierten de cual

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