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Padres Que Odian (Bestseller) (Spanish Edition)



Synopsis

En esta notable guía de autoayuda, la doctora Susan Forward te lleva de la mano, a través de casos reales de hijos de padres que odian, para ayudarte a liberarte de los patrones frustrantes de tu relación con tus padres; y te ayuda, asimismo, a descubrir un excitante mundo nuevo de seguridad personal, fuerza interior e independencia emocional. **ENGLISH DESCRIPTION** Are you the child of toxic parents? When you were a child... Did your parents tell you you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you often frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you're an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward draws on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents; and discover a new world of self-confidence, inner strength, and emotional independence.

Book Information

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Customer Reviews

I bought this for my mother after reading many positive reviews about it online. To find a Spanish

Edition and receive it in perfect condition was satisfaction enough, but to hear her thanks and praise after finishing it truly made it worth the purchase. A must-have for any library or collection.

He recibido el libro antes de la fecha previsto y en buen estado. Por ello, estoy satisfecho. El contenido del libro es MUY valioso. Conviene leerlo con atención y resulta una lectura que recomiendo encarecidamente. Lo malo es que el material del libro o de su tapa no son muy buenos. Los tratos bien pero ya se despegaba un poco la cobertura de plástico de la tapa.

Easy to read and very helpful. I should have read this book before. This book helps many people. I am very satisfied.

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