

Leggere Chi Ha Spento La Luce? Ebook Gratuito PDF/EPUB/mobi - Stefanie Stahl



leggere Chi ha Spento la Luce? Ebook gratuito PDF/EPUB/mobi Stefanie Stahl , In questo libro, bestseller in Germania, la celebre autrice Stefanie Stahl, ci spiega come risolvere (quasi) tutti i nostri problemi superando i pensieri limitanti che abbiamo sviluppato durante l'infanzia. Ognuno di noi desidera essere amato e accettato. Idealmente la fiducia in noi stessi, che ci serve per affrontare la vita adulta, dovrebbe svilupparsi durante i primi anni di vita. Purtroppo le offese e i torti che abbiamo subito in quel periodo condizionano il nostro inconscio e influenzano i nostri rapporti con gli altri senza che noi ce ne accorgiamo. Diventiamo così egoisti, vittimisti, perfezionisti, aggressivi, prepotenti, narcisisti, bugiardi, desideriamo sempre l'approvazione, vogliamo sempre più potere, non riusciamo ad avere relazioni. Stefanie Stahl ci illustra come riconoscere e superare, attraverso esercizi e meditazioni, le ferite del "Bambino Ombra" che vive in noi e che raccoglie le nostre credenze interiori negative e i sentimenti gravosi che ne derivano e ci bloccano. D'altro conto ci indica la via per fare amicizia con il "Bambino Sole", più felice, più forte e pieno di gioia di vivere, per scoprire le

nostre infinite possibilità liberando e illuminando per sempre il nostro bambino interiore. Seguendo i preziosi consigli di Stefanie Stahl sveleremo il nostro vero potenziale: migliorando le relazioni con amici, colleghi, familiari e partner e godendoci la vita nella sua totalità.

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