

Leggere Lettere A Un Cuore In Rinascita EBook Gratuito PDF/EPUB/mobi - Francesca Saccà



leggere Lettere a un cuore in rinascita Ebook gratuito PDF/EPUB/mobi Francesca Saccà , Lettere a un cuore in rinascita è un testo che contiene un'ampia raccolta di lettere che la penna della Dott.ssa Francesca Saccà, psicologa e psicoterapeuta, dedica a tutti quei cuori che combattono per riparare i danni apportati da relazioni tossiche (siano esse sentimentali, amicali o familiari) e desiderano ardentemente ricostruire la loro vita. Attraverso questo epistolario dedicato al tema della rinascita la Dott.ssa Saccà vuole diffondere il messaggio che, per quanto possiamo aver collezionato ferite d'amore, il cuore può andare oltre, se lo aiutiamo e non ci arrendiamo. E che nessuno ha il potere di annientarci l'anima se noi non glielo permettiamo. Tutti meritiamo di rinascere emotivamente, con una nuova e più robusta pelle. Meritiamo di tornare ad amare e di vivere una vita degna e densa di significato. Obiettivo di 'Lettere a un cuore in rinascita' è quello di donare al lettore vibrazioni che possano risuonargli, immediate, nell'anima, al fine di spronarlo a prendersi finalmente cura di sé. Perché è proprio quando cadi a terra che hai bisogno di qualcuno che ti porga la mano per aiutarti

a rialzarti e rimetterti in cammino.

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