



El psicólogo en casa (Spanish Edition)

Angelo Musso, Ornella Gadoni

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¿Qué significa conocerse uno mismo? ¿Cómo mejorar las relaciones interpersonales? Este completo manual pondrá al alcance de sus manos las bases fundamentales de la psicología aplicadas a la vida diaria y le enseñará: a controlar su temperamento, gracias a los ejercicios prácticos propuestos, así como a descubrir su personalidad mediante sencillos test; a vivir positivamente los cambios, gestionar los conflictos, desvelar los sentimientos, descubrir la riqueza de las emociones, afrontar y vencer los miedos; a comprender los sentimientos y las emociones, interpretar el lenguaje del cuerpo, reconocer los diferentes caracteres y entender los comportamientos; a relacionarse y comunicarse eficazmente con otras personas y a construir una relación de pareja satisfactoria. En definitiva, le ofrece las herramientas para conocerse en profundidad y para que su estilo de vida mejore.

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