



El corazón herido: Remedios para el dolor y ejercicios para el olvido (Spanish Edition)

María Cecilia Betancur

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Tener el corazón herido no es nada fácil y poder salir adelante con la lección aprendida, es aun más difícil. El corazón herido, el libro más reciente de María Cecilia Betancur, es una maravillosa herramienta que te ayudará a recorrer el camino de la sanación emocional de una manera más sencilla. Gracias a un lenguaje claro y por medio de una lectura amena, podrás reflexionar sobre el amor, el desamor y sobre cuáles son los posibles obstáculos que se interponen entre tú y una relación amorosa sana. En este libro encontrarás ejercicios prácticos que realmente te ayudarán a aprender la lección detrás de una decepción amorosa. Yo tengo la certeza de que este es un buen libro para ayudarte a ti mismo a curar, definitivamente, el corazón herido, a crecer con el aprendizaje que te deja la experiencia no deseada, a convencerte de que es posible, y que mereces, una vida mejor .

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