



No tambien ayuda a crecer, el (Psicologia Y Salud (esfera)) (Spanish Edition)

María Jesús Álava Reyes

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Cómo superar momentos difíciles de los hijos y favorecer su educación y desarrollo
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Prólogo de Josefina Aldecoa

«No podemos con él/ella». «Nos toma el pelo». «Nos planta cara, se salta las normas y se pasa el día desobedeciendo y contestando». «Se ríe de todos y además se porta mal en el colegio». «No sabemos qué hacer para que estudie, coma, se acueste, sea más responsable... y encima nosotros somos los malos y nos sentimos culpables».

Cada niño es único e irreplicable, por ello no se puede tratar a todos por igual, pero cualquiera precisa unos límites, unas normas, unas pautas y unas reglas que lo ayuden a conseguir la estabilidad, tranquilidad y seguridad necesarias en su paso por las etapas cruciales de su desarrollo como persona.

M^a Jesús Alava Reyes, con más de treinta años de experiencia en el ámbito de la psicología y autora, entre otros libros, de *La inutilidad del sufrimiento* -más de 200.000 ejemplares vendidos-, propone en esta obra, de forma clara, sencilla y valiente, un método para entender cómo piensan y sienten los niños, cuáles son los conflictos y las dificultades más comunes que surgen en su desarrollo y sus vías para abordarlos, al tiempo que esclarece «tópicos» contraproducentes y señala los errores más comunes a evitar en la delicada tarea de la educación.

A través de la lectura de los numerosos casos prácticos, padres y educadores encontrarán respuesta a muchas de sus preocupaciones y problemas, así como consejos y reglas que les permitirán afrontar y superar ese amplio abanico de situaciones difíciles que acompañan al hijo desde los primeros meses de vida hasta la etapa adulta.

Un libro para actuar y superar los momentos difíciles, cuando ya se ha intentado casi todo y no sabemos qué más hacer.

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