



# Mis emociones me dominan (Spanish Edition)

*Alejandra Stamateas*

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Tristeza, angustia, decepción, ira, temor... Durante años se les ha enseñado a las mujeres que “es más seguro no expresar emociones negativas”. ¡Menos aún hablar de ellas! Y así muchas transitan la vida reprimiendo lo que sienten, callando y entregando “su voz” y su derecho a ser felices, a los demás. Mis emociones me dominan es un desafío al público femenino para ponerse de pie, liberarse de mitos, mandatos y creencias erróneas y así vivir de acuerdo a su propia identidad. A lo largo de sus páginas, encontrarás las herramientas necesarias para aprender a expresar tus emociones sin que ellas te dominen, motivándote y –sobre todo– teniendo fe en ti misma y en tu Creador. Una vez más, Alejandra Stamateas te invita a emprender un viaje por las profundidades de tu mundo interior para descubrir tus potencialidades, tal vez dormidas hasta ahora, y alcanzar la cima de una vida plena, firme y feliz. La invitación está hecha...

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