Diccionario De Las Enfermedades Emocionales Jacques Martel Pdf

Gloria Sierra Uribe

Despertares Gloria Sierra Uribe, 2016-12-07 La autora se arriesga a conducirnos hacia un viaje en el que la psicología y la psicogenealogía se entretejen para interpretar el cuerpo y las manifestaciones inscritas en él, superando miradas y enfoques, que abordan estos temas de forma parcial. Capítulo a capítulo, nos lleva a descubrir la multidimensionalidad de "ese templo sagrado" que hemos olvidado habitar. El cuerpo es el participante de todo lo que sentimos, pensamos, hacemos y vivimos, bien dice Caroline Myss que la "biografía se convierte en biología". Es, además, el territorio en el que se encarnan la dimensión individual y colectiva, la psicológica y transgeneracional (prebiográfica). Al leer este libro, es fácil entender que las heridas y traumas dejan huellas físicas, los pensamientos negativos y los altibajos de nuestro pasado y de nuestro árbol genealógico, lo afectan también. Comprender que estas experiencias se han convertido en una parte de su estructura puede resultar increíblemente curativo.

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