



Armonía en mis relaciones (Programación Mental Positiva nº 7) (Spanish Edition)

Anand Dilvar

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Algunas veces llenamos nuestras relaciones de juegos manipulativos que no causan más que conflictos.
Aprende a identificar esos patrones de comportamiento para mejorar así tu comunicación.

Hay una forma de llevarse bien y de obtener lo que quieres con tu pareja, familiares y amigos.

Llena tus relaciones de armonía y serás más feliz.

En este programa se aplican conocimientos de PNL, terapia Gestalt, e hipnosis Ericksoniana para brindarte los resultados que deseas.

Estas técnicas son utilizadas por terapeutas, expertos en desarrollo humano y entrenadores de alto rendimiento en todo el mundo.

Anand Dilvar es el autor de "El Esclavo", "A través de ti", "Heridas religiosas" y otros bestsellers.

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