



La asertividad: expresión de una sana autoestima: 2 (Serendipity) (Spanish Edition)

Olga Castanyer Mayer-Spiess

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Si nos queremos y respetamos, seremos capaces de querer y respetar al otro. Y la única forma de hacerlo es desarrollando una sana autoestima que nos permita estar seguros de nuestra valía única y personal y nos ayude a hacer valer nuestros derechos sin pisar los del otro. ¿Cómo hacerlo? Por medio de ejemplos y ejercicios, este libro pretende dar respuesta a la cuestión anterior y así convertirse en un manual para desarrollar una sana asertividad dentro del marco de la autoestima.

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