

# Télécharger Livres Gratuit As cinco feridas emocionais (PDF | ePub | Mobi) Lise Bourbeau DataBase Book



Nesse livro, Lise Bourbeau explica que nossos problemas de ordem física, emocional e mental são fruto de cinco feridas que trazemos da infância: rejeição, abandono, humilhação, traição e injustiça.

Como não sabemos lidar com elas, desenvolvemos máscaras para escondê-las, acreditando que, assim, desaparecerão. Mas, com o passar do tempo, essas feridas se tornam ainda mais profundas e atrapalham nossa saúde, nossos relacionamentos e nossa felicidade. E nos distanciam de quem somos de verdade.

Trazendo descrições detalhadas das feridas e das máscaras correspondentes, a autora mostra como elas podem se refletir em nossa personalidade e até mesmo no formato do nosso corpo.

Ao identificar as feridas que carregamos, podemos descobrir a origem das dificuldades que enfrentamos de forma recorrente. E, assim, empreender uma jornada de cura, aceitando as experiências do passado e perdendo todos os aspectos de nós mesmos.

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