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La mayoría de las personas viven con inseguridad, ocultan sus defectos, tienen pensamientos desagradables que no querrían tener, no creen posible acabar con sus emociones negativas... porque no saben que todos podemos aprender a resolver los conflictos que nos hacen sufrir.

Con este *libro de instrucciones* que los autores nos brindan para poder llevar a cabo dicha tarea, aprenderás cuáles son las estrategias que funcionan y las actitudes equivocadas que perjudican nuestra mente; cómo llegar a la causa de los problemas y así corregir los errores que nos impiden ser felices.

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