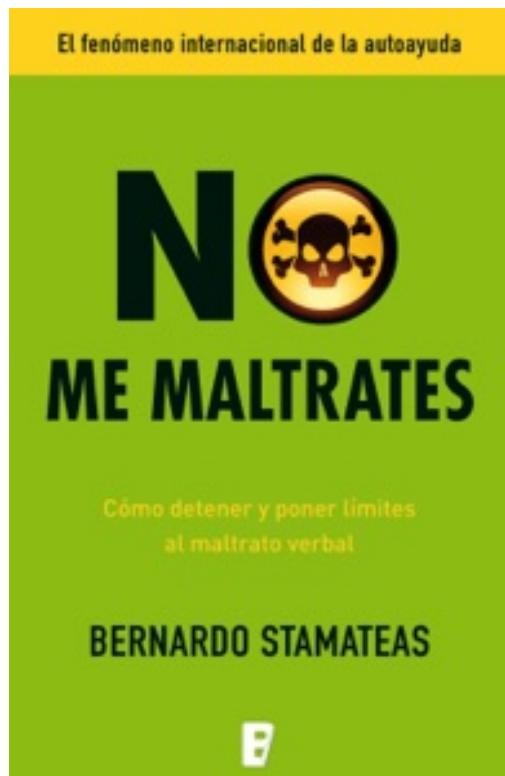


Descargar Libro En Línea PDF Epub Mobi Español No Me Maltrates - Bernardo Stamateas



Descargar libro en línea PDF epub mobi Español No me maltrates Bernardo Stamateas , Cómo detener y poner límites al maltrato verbal.

Vivimos en una sociedad compleja y en muchos sentidos cada vez más hostil. Desde los primeros años en la escuela, se ven casos de hostigamiento entre pares, maltrato de padres a maestros, maestros a alumnos; en la vida cotidiana, nos enfrentamos a diversas situaciones hostiles, desagradables, que nos hacen daño pero que terminamos de tomar como parte #de una forma de ser#: intolerantes, groseros, impacientes, impulsivos, #de mal carácter#.

En este libro, Stamateas muestra cómo las formas más #naturalizadas# del maltrato #una violencia sin moretones- dejan a diario un residuo que nos hace daño. Tratar mal a otros y ser maltratado no nos hace bien, nos enferma, nos vuelve tóxicos. Con la maestría y conocimiento ya conocidos, Stamateas describe clases de maltrato y las técnicas para combatirlas en uno mismo y en los demás.

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