



Enojo, El - bolsillo: Como manejar una emocion poderosa de una manera saludable (Spanish Edition)

Gary Chapman

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Reconocido autor y experto en relaciones humanas, el Dr. Gary Chapman nos ofrece útiles -y a veces sorprendentes- perspectivas de por qué usted se enoja, qué puede hacer al respecto y cómo usarlo de una manera constructiva. Incluye una guía de 13 sesiones para fomentar el debate, perfecta para grupos pequeños.

Best-selling author and relationship expert Dr. Gary Chapman offers helpful-and sometimes surprising- insights on why we get angry, what we can do about it, and how we can use anger for good. Also included is a thirteen-session discussion guide that's perfect for small groups, workplace studies, and book clubs.

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