

Por el autor del best seller *GENTE TÓXICA*

EMOCIONES TÓXICAS

Cómo sanar el daño emocional y
ser libres para tener paz interior

BERNARDO STAMATEAS



Pack Gente Toxica Emociones Toxicas B De Bolsillo

Bernardo Stamateas



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Emociones tóxicas Bernardo Stamateas, 2013 **Gente tóxica** Bernardo Stamateas, 2013-01-02 En nuestra vida cotidiana no podemos evitar encontrarnos con personas problemáticas Jefes autoritarios y descalificadores vecinos quejosos compañeros de trabajo o estudio envidiosos parientes que siempre nos echan la culpa de todo hombres y mujeres a Gente Toxica y Emociones Toxicas Bernardo Stamateas, 2015-02-28 Pack of two flagship titles in pocket Bernardo Stamateas hardcover **Toxic People and Toxic Emotions** **Emociones tóxicas / Toxic Emotions** Bernardo Stamateas, 2018-10-23 Como sanar el daño emocional y ser libres para tener paz interior La ansiedad la angustia la insatisfacción crónica el apego la envidia el miedo la culpa el rechazo los celos Son algunas de las emociones tóxicas que Stamateas nos ayudará a identificar y gestionar para alcanzar la paz interior Nuestras emociones están allí para ser sentidas pero no para dominar nuestra vida porque de hacerlo se volverán tóxicas Sanar nuestras emociones implica prepararnos para liberarnos de las emociones negativas y tóxicas que en definitiva no nos ayudan a encontrar una solución La propuesta de este libro es otorgarle a cada emoción el verdadero significado que tiene Las emociones no pueden ser controladas desde fuera sino que deben serlo desde dentro de nuestra vida Vivir significa conocerse y ese conocimiento es el que nos permite relacionarnos con el otro y con nosotros mismos Emociones tóxicas te ayudará a descubrir herramientas para salir de la frustración el enfado el apego la culpa el rechazo y alcanzar así la paz interior que anhelas Bernardo Stamateas ENGLISH DESCRIPTION Following the success of *Gente tóxica* Toxic People Stamateas offers keys to heal emotional scars and be free to enjoy inner peace This new manual focuses on the concept of toxicity Emotions like anxiety chronic dissatisfaction envy fear guilt rejection and jealousy are some of the toxic emotions that Stamateas will help us identify and manage in order to achieve inner peace Our emotions are meant to be felt but not to control our lives because if they do they will become toxic Healing our emotions means getting ready to free ourselves from the negative and toxic emotions that ultimately do not help us find a positive outcome The purpose of this book is to give each emotion the true meaning it is supposed to have Emociones tóxicas Toxic Emotions will help you find new tools to do away with frustration anger attachment guilt and rejection once and for all and thus achieve the inner peace you long for Bernardo Stamateas **Más gente tóxica , Más Gente Tóxica / More Toxic People** Bernardo Stamateas, 2016-02-19 Introducci3n Una personalidad equilibrada El triangulador El frustrador El narcisista El prepotente El miedoso El negativo El ansioso El sádico El omnipotente El obsesivo El peleón El masoquista El evitador El paranoico El que asfixia El histriónico El felpudo **Emociones tóxicas** Bernardo Stamateas, 2018 Pasiones tóxicas Bernardo Stamateas, 2011-05-31 Por eso en este libro analizaremos las pasiones más frecuentes de las parejas Las pasiones del engaño y la infidelidad Las pasiones de la posesividad Las pasiones del estancamiento Las pasiones de la competitividad Las pasiones de la descalificación La idea de Pasiones tóxicas es dar herramientas para repensar y activar los recursos que ya están adentro nuestro Y es así como el licenciado Bernardo Stamateas echa abajo varios mitos que responden a idealizaciones

rom nticas de la pareja restituyendo ideas y conceptos m s humanos el conflicto y el enojo son normales en una pareja nadie tiene la raz n estar casado es normal y estar soltero tambi n es normal la pareja es una lucha diaria y muchos otros que el lector ir encontrando a lo largo de este libro vital para todo aquel que decida apostar al desaf o que significa encarar la vida de a dos en un mundo cada vez m s complejo La pareja es una instituci n en crisis Hace 35 a os que vivo en una y 30 que me dedico a tratar de ayudarlas De estas experiencias s que la construcci n de una relaci n as es un gran desaf o y como dice el licenciado Stamateas en su obra Fortalecer el amor en estos tiempos se ha vuelto desafiante Estoy seguro de que m s de un lector se ver reflejado en las ideas de este libro y de esta forma tal vez se pueda sentir ayudado en ese desaf o Del pr logo del profesor Dr Omar Biscotti director del Instituto Sist mico de Buenos Aires Gente t xica: Las personas que nos complican la vida y como evitar que lo sigan haciendo / Toxic People Bernardo Stamateas,2018-09-25 Las personas que nos complican la vida y c mo evitar que sigan haci ndolo En nuestra vida cotidiana no podemos evitar encontrarnos con personas problem ticas Jefes autoritarios y descalificadores vecinos quejosos compa eros de trabajo o estudio envidiosos parientes que siempre nos echan la culpa de todo hombres y mujeres arrogantes irascibles o mentirosos Todas estas personas t xicas nos producen malestar pero algunas pueden arruinarnos la vida destruir nuestros sue os o alejarnos de nuestras metas C mo reconocer a la gente t xica C mo protegernos y ponerles l mites Bernardo Stamateas responde a estas preguntas con claridad y convicci n Sus consejos nos ayudar n a hacer nuestras relaciones personales m s saludables y positivas En definitiva nos ayudar n a ser mucho m s felices ENGLISH DESCRIPTION The People Who Complicate Our Lives and How to Keep Them From Doing It In our everyday lives we can t avoid meeting problematic people Authoritarian belittling bosses cranky neighbors envious colleagues or classmates relatives who always blame us for everything arrogant irascible lying men and women All of these toxic people cause us discomfort but some can ruin our lives destroy our dreams or keep us from our goals How can we recognize toxic people How can we protect ourselves and set limits Bernardo Stamateas responds to these questions with clarity and conviction His advice will help us make our personal relationships more healthy and positive In short it will help us be much happier **Dolor que fortalece / Pain That Strengthens** Bernardo Stamateas,2020-08-18 El nuevo libro del autor del long seller Gente t xica nos propone unas pautas esenciales para transformar el dolor en crecimiento Inexorable el dolor se presenta en alg n momento de la vida Por ello en un tono ntimo y cercano como le es habitual Bernardo Stamateas referencia obligada en liderazgo y superaci n personal nos invita a mirar el dolor a la cara reconocerlo descubrir sus distintas formas e intensidades as como los contextos en los que aparece para asumir una actitud consciente y activa frente a l A trav s de consejos frases motivadoras y ejemplos que propician la reflexi n la propuesta es poner en juego lo mejor de nosotros mismos para convertir las dificultades en una instancia de libertad y autoafirmaci n ENGLISH DESCRIPTION The new book by the author of the long term seller Toxic People offers us essential guidelines for transforming pain into growth Inexorably pain occurs at some point in life For this reason in his customary intimate and personal tone Bernardo Stamateas an essential

reference in leadership and personal improvement invites us to look pain in the face recognize it discover its different forms and intensities as well as the contexts in which it appears to assume a conscious and active attitude towards it Through advice motivational phrases and examples that encourage reflection the proposal is to put the best of ourselves into action to turn difficulties into a chance for freedom and self affirmation *Mas Gente Toxica* Bernardo Stamateas,2015-02-28 En la misma tonica de Gente toxica nos llega este nuevo libro de Bernardo Stamateas sobre esas personas que nos complican la vida y como evitar que sigan haciendolo Amazon com Pasiones tóxicas Bernardo Stamateas,2012-05-08 Es normal que todas las parejas sufran crisis pero lo importante es tener los recursos necesarios para superarlas Porque cuando permanecemos atrapados en esa situaci n los confl ictos y la confusi n son inevitables En esta obra el autor analiza las pasiones m s frecuentes de la pareja y al mismo tiempo nos ofrece las herramientas m s efi caces para repensar y activar los recursos que est n en nuestro interior Bernardo Stamateas acaba con varios mitos de la idealizaci n rom ntica de la pareja y brinda ejemplos y estrategias para que podamos distinguir el amor que nos alimenta del que nos intoxica y destruye **Más gente tóxica** Bernardo Stamateas,2014 **Emociones tóxicas** Bernardo Stamateas,2012

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