



Más gente tóxica (Spanish Edition)

Bernardo Stamateas

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Cómo son los que te quieren mal para sentirse bien.


Tras el esperado éxito del libro que ha revolucionado el mundo de la autoayuda, Bernardo Stamateas nos brinda una nueva oportunidad para reconocer los prototipos tóxicos que nos rodean al tiempo que nos desvela las claves de su personalidad, a fin de reconocerlos y librarnos de ellos. Después de explicarnos cómo distinguir y neutralizar al envidioso, al descalificador, al neurótico y al manipulador, entre otros, Stamateas descubre, en *Más gente tóxica*, cómo comportarse ante, por ejemplo, el triangulador, el miedoso, el obsesivo, el masoquista, el prepotente, el negativo, entre otros.

«Muchas veces permitimos entrar en nuestro círculo más íntimo a "gente tóxica", personas equivocadas que permanentemente evalúan lo que decimos y lo que hacemos, o lo que no hacemos.

Se trata de "personas tóxicas" que potencian nuestras debilidades y nos llenan de cargas y frustraciones.

Ser tóxico es una forma de vivir, de pensar y de actuar; es una manera de funcionar. Mientras todos tratamos de corregir los rasgos tóxicos que percibimos en nosotros mismos, la "persona tóxica" no los reconoce y vive echando la culpa a los demás, robando su energía. Son adictos emocionales que necesitan hacer sentir mal al otro para sentirse bien ellos.» Bernardo Stamateas

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