



## Inteligencia familiar (Spanish Edition)

*María Elena López*

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## **Inteligencia familiar (Spanish Edition)** María Elena López

Cada familia tiene una cajita de herramientas para potenciar sus fortalezas y enfrentar lo que las hace sufrir o sentir mal. Solo hay que identificar cuáles son y en qué momento usarlas.

Para eso tenemos la inteligencia familiar, que par te de habilidades que todos pueden aprender y desarrollar para mejorar la autoconfianza, la empatía, el optimismo, la flexibilidad y la creatividad.

Este libro está dirigido a la familia de hoy: padres que trabajan, mamás al frente del manejo del hogar, parejas separadas, familias reorganizadas, abuelos a cargo de sus nietos, hermanos, tíos, niños, adolescentes y jóvenes formados en la era de la interconectividad y la tecnología. Devela los apuros y las problemáticas de las familias modernas y ofrece una serie de recomendaciones para que puedan vivir más alegre y apasionadamente sus vidas y, sobre todo, vuelvan a creer en sí mismos y resuelvan sus conflictos. Aquí encontrarán uno o más caminos, uno o más bastones que les ayudarán a transitar por los momentos difíciles con más seguridad para elevar sus niveles de felicidad.

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