



Tu hijo, tu espejo (Spanish Edition)

Martha Alicia Chávez

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El libro que sigue abriendo corazones y tocando las fibras de sus lectores

Los padres proyectamos en nuestros hijos nuestras expectativas de vida, nuestras frustraciones, nuestros problemas sin resolver de la infancia o adolescencia, nuestros “si hubiera” y nuestras necesidades insatisfechas, esperando inconscientemente que ellos se conviertan en una extensión de nosotros mismos y que cierren esos asuntos inconclusos.

Conocer la “parte oculta” de nuestra relación, comprender por qué ese hijo, específicamente ése, nos saca tan fácilmente de nuestras casillas, por qué lo presionamos con tal insistencia para que haga o deje de hacer, nos abre la puerta a la posibilidad de un cambio profundo en nuestra relación con él.

Darnos cuenta de esto contribuye a transformar los sentimientos de rechazo, rencor y su consecuente culpa, que pueden resultar devastadores, facilitando el paso al único sentimiento que sana, une y transforma: el amor.

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