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Esperanza Borús

APRENDIENDO A VIVIR.
MANUAL CONTRA
EL ABURRIMIENTO
Y LA PRISA.

Desclée De Brouwer 

Aprendiendo A Vivir Manual Contra El Aburrimient

Jordi Oller Vallejo



Aprendiendo A Vivir Manual Contra El Aburrimient:

Aprendiendo a vivir Esperanza Borús, Esperanza Borús y Glez. de Villaumbrosia, 1998 *Cuaderno de trabajo para el tratamiento corpomental del Trastorno de Estrés Postraumático (TEPT)* Carolyn Bryant Block, 2013-12-02 Muchas experiencias traumáticas sanan naturalmente con el paso del tiempo y acaban formando parte como viejas cicatrices de nuestro pasado. Cuando no obstante padecemos un trastorno de estrés postraumático TEPT los traumas irrumpen una y otra vez en nuestra vida provocando estrés e impidiendo que nos concentremos en el momento presente. Y por meses que pasen los meses y hasta los años los recuerdos permanecen y nos impiden seguir avanzando. El método terapéutico clínicamente probado denominado conexión corpomental puede ayudarnos a curar y recuperarnos de esas difíciles experiencias. El Cuaderno de trabajo para el tratamiento corpomental del trastorno de estrés postraumático TEPT es un programa directo y autodidacta de conexión corpomental que se puede llevar a cabo en diez semanas. Se trata de un método que utiliza el cuerpo para centrar la mente, desarrollar las habilidades necesarias para recuperarte de un TEPT y empezar a sentirte conectado, confiado y responsable de tu vida. Deja de sentirte embotado e indiferente y empieza a sentirte vivo nuevamente. Reconoce las tensiones corporales y experimenta su disolución. Reduce los flashbacks, las pesadillas, el insomnio y el desasosiego. Mantén el registro de tu avance mientras te aproximas a la recuperación plena. Stanley H. Block MD es profesor adjunto de derecho y psiquiatra en la facultad de derecho de la Seattle University School, profesor adjunto de psiquiatra de la facultad de medicina de la University of Utah y está facultado para el ejercicio de la psiquiatra y el psicoanálisis. Da conferencias y consultas en centros de tratamiento repartidos por todo el mundo y es coautor del conocido libro *Come to Your Senses*. Vive con su esposa Carolyn Bryant Block en Copalis Beach, Washington. Carolyn Bryant Block es coautora de *Bridging the I System* y del conocido *Come to Your Senses*. También es coautora de la teoría y las técnicas del sistema de identidad.

Gastronomía para aprender a ser feliz Antonio Rodríguez Hernández, 2015-02-16 Docentes, educadores, padres y madres, cocineros, aprendices de cocina, aficionados gastronómicos y cualquier persona interesada en las temáticas psicológicas y culinarias están todos invitados a este rincón bibliográfico de maridaje entre la psicología de la felicidad y la gastronomía. Aquí, al contrario de los Top y Master Chef televisivos, no se expulsa a nadie; son bienvenidos quienes tengan hambre de emociones y creatividad. Para saciarla te ofrecemos un abundante y rico menú: entrantes, primer y segundo plato y postre, con el que alimentar tu corazón afectivo. En el bien entendido de que buscas un libro que te ayude a cambiar la realidad, cámbiate a ti mismo. Porque, como se alía un sabio amigo, la puerta del cambio se abre para y desde dentro. Por tanto, el efecto que tenga el contenido de estas páginas sobre tu vida, estimado lector, depende de ti: de que gires el pomo y tires hacia tu interior. Tienes en tus manos un manual de aplicación psicopedagógica de la gastronomía como herramienta para la educación socioemocional, en el que la cocina socioafectiva se entiende como una recreación del espacio de elaboración culinaria al servicio de una meta fuera de la educación de los sentimientos. Deseo que, como el libro de cocina de Tita, la protagonista de *Como agua para chocolate*, este les aporte

algunas pistas para seguir en el camino de búsqueda de su propia felicidad Que les aproveche **Programa SOMNE.**

Terapia psicológica integral para el insomnio: guía para el terapeuta y el paciente Ana María González

Pinto, 2015-11-20 Un alto porcentaje de la población tiene problemas para dormir concretamente lo que se conoce como insomnio Después de varios meses de trabajo en común y de muchas reuniones profesionales de la Unidad de sueño y del Servicio de psiquiatría del Hospital Universitario de Lavín unieron sus esfuerzos para redactar esta obra que contiene un programa breve de 8 sesiones de terapia para el insomnio La terapia incluye dos partes una para aquellos expertos terapeutas y clínicos que están interesados en tratar el insomnio y otra en la que se recoge información y técnicas para los pacientes Este manual se diferencia de otros en que se incluyen de forma detallada las técnicas y los registros lo que facilita la aplicación sistemática por parte de los profesionales Se trata de un libro de sencilla lectura pero que es fruto de un estudio exhaustivo del tratamiento del insomnio que se encuentra en la base de esta terapia breve Animamos al lector a profundizar en esta obra creada por expertos en la materia y con amplia experiencia en el diseño y aplicación de psicoterapias **El**

amor vanidoso Bärbel Wardetzki, 2013-12-02 La pareja de baile del amor vanidoso enamorada de sí misma se contonea al ritmo de la misma música Una representación plástica de cómo se perciben los miembros de las parejas en las relaciones narcisistas se rodean con los brazos están en estrecho contacto físico pero ninguno de los dos ve al otro Su encuentro está preponderantemente al servicio de mejorar el concepto que cada cual tiene de sí mismo En las relaciones narcisistas todo gira en torno al beneficio propio todo se haya al servicio del ego la elección de la persona con la que entablar relación el modo de relacionarse con ella y la decisión sobre lo que uno muestra u oculta de sí mismo así como sobre las expectativas que el otro ha de satisfacer Los demás no interesan por sí mismos sino por la función que desempeñan en relación a uno mismo o lo que en este caso es igual en relación a cómo uno se ve y vive a sí mismo Las relaciones narcisistas rara vez fundan relaciones duraderas y satisfactorias A menudo terminan antes de haber comenzado y dejan a su paso el desagradable sentimiento de que uno ha fracasado o de que la persona elegida no ha estado a la altura La psicoterapeuta Bärbel Wardetzki analiza la dinámica narcisista de las relaciones revela las heridas psíquicas ligadas a ellas y muestra qué camino tomar para que salgan adelante sin que el precio a pagar sea el sufrimiento de al menos uno de sus miembros Bärbel Wardetzki nacida en 1952 es licenciada en psicología y terapeuta gestáltica y EMDR especializada en trastornos alimentarios adicciones Trastorno narcisista de la personalidad y problemas de autoestima Trabaja en Munich como formadora de terapeutas y es una oradora muy solicitada en su país y en el extranjero siendo invitada habitual de programas de radio y televisión Es autora de varios best sellers de autoayuda y psicología e imparte cursos de supervisión y coaching conferencias y seminarios dirigidos tanto a psicólogos como al público general interesado en estos temas **Fibromialgia, el reto se supera** Bruno Moiola

Montenegro, 2014-02-03 Este libro supone una aportación básica desde la Psicología para el afrontamiento y comprensión de la Fibromialgia y sus consecuencias Escrito en un tono distendido claro y conciso para ser entendido de principio a fin sin la

interferencia de la jerga tcnica propia de los manuales para profesionales Es una lectura dirigida a todos los protagonistas de la dolencia personas afectadas familiares pareja as como a los diversos profesionales que la abordan Con un nico objetivo abrir un camino de esperanza para conseguir una vida m s satisfactoria y plena en presencia de la dolencia En sus p ginas se describen los aspectos b sicos de la Fibromialgia su definici n diagn stico y tratamientos al uso Igualmente los efectos y reacciones que la llegada de la misma van a generar en quien la padece as como la experiencia que supone para quienes conviven con la persona afectada con especial atenci n a las dificultades y cambios que es necesario superar para una sana adaptaci n Esto incluye las verdades sobre la eficacia de los tratamientos actuales y el importante papel que tiene la persona en su mejora y recuperaci n su relaci n consigo misma su cuerpo y los dem s En definitiva se indican los pasos a seguir para un eficaz afrontamiento de la enfermedad de manera pr ctica y personalizada Bruno Moiola Montenegro Vigo 1970 es psiclogo y psicoterapeuta M ster en Psicolog a Cl nica y de la Salud y Terapia Familiar desde el a o 2000 desarrolla e imparte programas de afrontamiento psicol gico en colectivos de fibromialgia y dolor cr nico El resultado de estos a os de investigaci n y pr ctica profesional se plasman en Fibromialgia el reto se supera convencido de la importancia del trabajo personalizado y familiar en los aspectos psicol gicos para la superaci n del impacto de la enfermedad <http://emocionate.blogspot.com> es

Hazte experto en inteligencia emocional Olga Cañizares Gil, 2015-10-23 Es probable que mucho de lo que lees ya lo sepas que ya lo est s viviendo Nuestro prop sito es que a partir de ahora lo vivas de una forma consciente d ndote cuenta eligiendo en cada momento lo que te permita alcanzar tus Metas El lenguaje es sencillo porque queremos llegar a todos educadores personal sanitario responsables de departamentos de Recursos Humanos profesionales del coaching psic logos terapeutas ocupacionales y tambi n a ti que te dedicas sencillamente a vivir Ahora te toca a ti querido lector sacarle partido y aprovechar todo lo til que en l encuentres para conocerte gestionar tus emociones motivarte y relacionarte de una forma diferente y efectiva con los dem s con tu entorno Si conseguimos que hagas en tu vida alg n cambio que te ayude a sentirte mejor contigo mismo y con los dem s habremos alcanzado nuestro objetivo *Diseña tu vida* MªMar Sánchez González, 2014-05-06 Cu nto tiempo llevas esperando a que tu vida sea como realmente te gustar a Cu ntos miedos e incertidumbres hacen que te bloquee y no logres dar los pasos que necesitas en la direcci n que deseas Por qu dejamos que las personas y circunstancias que nos rodean sean las que dise an nuestra vida Hoy en d a existen muchos libros te ricos sobre el Coaching y sus beneficios Por esta raz n hemos querido dar un paso hacia adelante acompa ando al lector de forma pr ctica a vivir en primera persona un proceso de Coaching Grupal Somos pioneras desde hace a os en llevar el Coaching Personal a los grupos consiguiendo resultados espectaculares con una sola sesi n mensual A trav s de este libro queremos llegar al mayor n mero posible de personas para ofrecerles t cnicas y habilidades que les ayuden a conseguir sus objetivos Son t cnicas sencillas de f cil manejo para el lector asequibles y de r pida adquisici n Ya es hora de dise ar tu propia vida y de atreverte a dar el paso Pasa ponte c modo y empieza a disfrutar Diana Sanchez es Licenciada en Psicolog a Experta en

Psicóloga Jurada COP Ponente en diversos congresos y formadora con técnicas de Coaching en liderazgo trabajo en equipo técnicas de venta etc para organismos públicos y privados Responsable y coordinadora del módulo de Gestión de Competencias y Desarrollo Personal en el Master de Gestión de proyectos Logísticos SAP ERP de la Universidad Rey Juan Carlos Ha publicado anteriormente Adolescentes 50 casos problemáticos y su interés clínico lo desarrolla como psicóloga especializada en adultos y en problemática infanto juvenil Mar Mejías es Directora ejecutiva de Educacoach especialista en cambio personal coaching ejecutivo y empresarial coach personal certificada por la Escuela de Inteligencia Emocional especialista en el Método Silva de control mental Socia y directora de la Sociedad cooperativa de enseñanza Dafne Colegio los Naranjos Experta en organización y liderazgo de equipos Formadora especialista en técnicas de coaching para organismos públicos y privados desde hace más de diez años

Cuidados musicales para cuidadores Jordi Oller Vallejo, 2013-12-02 Cuidados musicales para cuidadores es un libro eminentemente práctico y útil para quienes trabajan en alguna profesión asistencial ya sea en el campo de la salud de la labor social de la docencia etc etc y han de afrontar a diario su propio estrés En este sentido los profesionales asistenciales son un colectivo con alto riesgo debido a su continuo contacto con las situaciones de necesidad o padecimiento que viven aquellas personas a quienes prestan servicio A ello se añade su alto grado de implicación emocional fruto de su responsabilidad hacia quienes tienen a su cargo En casos extremos el desgaste y la fatiga emocional pueden incluso llevarles a padecer burnout un síndrome mucho más grave pero también solucionable si se aborda a tiempo Ante esta problemática hemos querido aportar un enfoque que será sumamente beneficioso para el profesional asistencial como es la Musicoterapia Autorrealizadora en la que destaca la integración del Análisis Transaccional y que aporta recursos tanto psicológicos como musicales para aprender a prevenir manejar y resolver el estrés sin necesidad de tener conocimientos musicales Este libro será también de utilidad para el musicoterapeuta al fin y al cabo un profesional asistencial y para el estudiante de esta disciplina en la doble vertiente personal y profesional Por una parte le proveer de recursos para solventar su propio estrés y por otra le servir para trabajar con sus pacientes y clientes encontrando para ello pautas y propuestas profesionales específicas Por último hay que resaltar la extensa recopilación sin precedente de ejercicios psicológicos y actividades musicales diseñados para afrontar el estrés

El origen de la infelicidad Reyes Adorna Castro, 2015-11-17 Nacemos con unas herramientas instintivas emocionales y mentales que han sido tiles y siguen siéndolo en su mayoría para nuestra supervivencia Sin embargo nadie nos enseña para qué sirven ni cómo manejarlas en nuestra vida diaria Al nacer sin un manual de instrucciones podemos llegar a hacer un mal uso de ellas dando palos de ciego en nuestro universo interior y sintiéndonos culpables al creer que muchos de nuestros problemas provienen de nuestra personalidad o torpeza Este libro pretende apoyándose en los últimos avances neurocientíficos mostrar las raíces biológicas de nuestros malestares y sufrimientos Tras un recorrido por los orígenes de la infelicidad se analizarán las características de nuestras emociones sobre todo las que llamamos negativas se mostrará para qué están diseñadas y cómo aprender a manejarlas lo mejor posible También se analizarán las estructuras y

tendencias de nuestro pensamiento c mo nos enfrentamos a ellas los seres humanos y c mo a menudo estrechan interpretan y distorsionan la realidad Cada apartado est acompa ado de ejercicios pr cticos m s de 60 en total que ayudan a conseguir el objetivo principal de este libro acercarnos al autoconocimiento como especie y disminuir los obst culos que ciegan una felicidad m s humana y m s acorde con nuestra propia naturaleza Reyes Adorna Castro estudi Filolog a Hisp nica Trabaja de profesora de secundaria en la ense anza p blica impartiendo clases de Lengua y Literatura a adolescentes y adultos Se ha especializado en escritura creativa y terap utica en t cnicas de control del estr s en Terapia Breve Estrat gica y Terapia Cognitiva Actualmente imparte cursos y conferencias sobre crecimiento personal autoestima y gesti n de emociones en diversas organizaciones Su investigaci n sobre psicolog a biolog a neurociencia y primatolog a le ha permitido adquirir un conocimiento interdisciplinar del comportamiento humano y acercarse a las ra ces m s profundas de nuestros malestares

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