



No son perfectas, son felices: De la autocrítica a la aceptación (Spanish Edition)

Raimon Gaja, María José Mateo

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Muchas personas, sin padecer un defecto físico grave, no se sienten a gusto con su propio cuerpo, y ven el medio más razonable de terminar con su malestar en opciones tramposamente obvias: dietas, tratamientos cosméticos, gimnasios, peluquerías o centros clínicos de cirugía estética.

El presente libro analiza de manera profunda este fenómeno y expone claramente cómo para sentirse bien con uno mismo es fundamental mejorar la autoestima desde un punto de vista psicológico y emocional. Al proporcionarnos herramientas para cambiar nuestra imagen interior, lograremos algo que los muchos recursos comerciales jamás lograrán: que nos sintamos bien en nuestra piel.

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