



Manual del Diálogo de voces: Reconocer y aceptar todo lo que hay en nosotros (Spanish Edition)

Sidra Stone, Hal Stone

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Este es el Manual del Diálogo de voces, una de las herramientas de crecimiento personal más poderosas que hay y que ha sido y es plataforma para el desarrollo de numerosos procesos curativos. Los doctores Hal y Sidra Stone durante más de treinta años de trabajo han desarrollado la psicología de los yos en su práctica clínica y en este manual proporcionan una introducción clara, entretenida y profunda a su familia de yoes interior. Conozca cómo se desarrollan estas subpersonalidades en usted y cómo pueden afectar a su vida, aprenda a distinguirlos y comprenderlos con el método de Diálogo de voces.

El Manual del Diálogo de voces está escrito para aquellos interesados en la psicología, no obstante es un texto con un gran potencial para la práctica clínica.

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