



**El Coraje De Ser Tu Misma / The Courage to be Yourself: Una Guia para Superar tu Dependencia Emocional y Crecer Interiormente / A Women's Guide to ... Interior / Inner Growth) (Spanish Edition)**

*S. Patton*

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Este libro ensena a la mujer a superar cualquier tipo de dependencia emocional y a sacar o explotar los valores extraordinarios de su yo interior. Una obra que ayuda a dejar de satisfacer con frecuencia a los demas, dejar de pensar en ellos y trabajar por ellos; reconocer si te entregas demasiado y te sientes utilizada. / Sue Patton Thoele continues her quest to help readers enhance their self-esteem and tap into their core emotional strength. Geared to women who too often find themselves meeting the wants of others at the expense of their own needs, the book provides necessary tools to help readers transform their fears into the courage to express their own authentic selves.

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