



Limites (Spanish Edition)

Henry Cloud, John Townsend

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¿Está tu vida sin control? ¿siente que la gente te utiliza? ¿Le es difícil decir que no? ¿Está desilusionado con Dios por falta de respuesta a tus oraciones? Establecer límites claros es esencial para obtener un estilo de vida sano y balanceado. Un límite es un línea de propiedad personal que marca las cosas de las que somos responsables. En otras palabras, límites es lo que define quiénes somos, o quiénes no somos. Los límites afectan diferentes aspectos de nuestras vidas: Los límites físicos nos ayudan a determinar quién nos puede tocar y bajo qué circunstancia. Los límites mentales nos dan la libertad de tener ideas y opiniones propias. Los límites emocionales nos ayudan a tratar con nuestras propias emociones y a librarnos de las emociones dañinas y manipuladoras de otros. Los límites espirituales nos ayudan a distinguir entre la voluntad de Dios y la nuestra, y nos dan temor de Dios. Los doctores Henry Cloud y John Townsend ofrecen respuestas bíblicas a preguntas difíciles, a la vez que nos muestran cómo poner límites sanos con nuestros padres, nuestros cónyuges, nuestros hijos, nuestros amigos, nuestros compañeros de trabajo, y hasta con nosotros mismos.

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