



# Limites (Spanish Edition)

*Henry Cloud, John Townsend*

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## Limites (Spanish Edition) Henry Cloud, John Townsend

¿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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