

Emociones Toxicas Bernardo Stamateas

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La clave para actuar ante las personas tóxicas es aprender a manejar nuestras propias emociones y conseguir ... que recomienda aplicar el escritor Bernardo Stamateas: "Desprecia la opinión ...

8 frases que las personas tóxicas usan para intentar manipularte

El argentino Bernardo Stamateas, psicólogo ... "No puedes divorciarte de ellos, tus emociones y tu biología te impulsan a quererlos aunque no se lo merezcan. Con tus padres casi nunca podés ...

Gente tóxica

Y es lógico, pues como estamos programados para sentir empatía por otro, las emociones y malas vibras ... (basados en el libro Gente toxica de Bernardo Stamateas) son los siguientes ...

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