



SUPERA TU PASADO (Spanish Edition)

By Francine Shapiro

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Tanto si hemos experimentado pequeños contratiempos o grandes traumas, todos estamos influenciados por nuestros recuerdos y por experiencias que puede que no recordemos o que no comprendamos del todo. Supera tu pasado ofrece técnicas prácticas que desmitifican la condición humana y dan nueva fuerza a los lectores que deseen tomar las riendas de su vida. Francine Shapiro, la creadora del EMDR (la terapia de Desensibilización Reprocesamiento por medio de los Movimientos Oculares), explica la ciencia del cerebro en palabras que todos podemos entender, a la vez que ofrece ejercicios que los lectores pueden hacer en casa para entender sus respuestas automáticas y conseguir un cambio real.

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Editorial Review

About the Author

Francine Shapiro is a fellow and clinical psychologist at the Mental Research Institute in Palo Alto, California, and the creator of the Eye Movement Desensitization and Reprocessing (EMDR) approach. She is the author of various books about EMDR, including EMDR, as well as numerous articles in scientific journals.

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