



El arte de educar: Técnicas de coaching para guiar a nuestros hijos (Spanish Edition)

Alejandra Llamas

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Nosotros, los padres, somos acompañantes de esas almas que son nuestros hijos; nuestra responsabilidad es conocerlos, caminar con ellos a lo largo de sus vidas. Si logramos ver la grandeza de sus espíritus, si nos volvemos verdaderos compañeros, daremos el primer gran paso: construir una relación sana.

¿En qué lugar quedamos cuando regañamos a nuestros hijos? ¿Cuántas veces nos hemos sentado con ellos realmente a escucharlos, a mostrarnos curiosos por lo que están viviendo sin tratar de imponernos? ¿Cuál es nuestro lenguaje corporal frente a ellos y cómo nos perciben? Éstas y muchas otras preguntas nos hace Alejandra Llamas a lo largo de su libro para que reflexionemos acerca de nuestra postura y para que aprendamos a desarrollar nuevas herramientas que nos enseñen a ser padres que nutren.

El arte de educar pone en tus manos la responsabilidad de crear niños sanos, seguros, creativos, empáticos con sus necesidades y las de otros. Éste es el propósito: convertirnos en padres-guía y maestros de nuestros niños, pero también en sus alumnos para tener la capacidad de aprender lo que nos vienen a enseñar. Este libro, en pocas palabras, puede ser el gran regalo para que tú y tus hijos aprendan nuevas maneras de ser.



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