



## Es personal (Spanish Edition)

*Laila Martínez Ayub*

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**Es personal (Spanish Edition)** Laila Martínez Ayub

“A mí no me va a pasar... Esto sólo le pasa a los demás.”

El dolor emocional es parte de la vida. No es una condición patológica ni un desorden de la personalidad, sino que puede suscitarse a causa de un evento repentino cuyas consecuencias provocan cambios en nuestro estilo de vida y en la percepción de nuestro mundo, aparentemente inquebrantable.

No hay remedios absolutos en el proceso de sanar el dolor, pues todos somos distintos. Las soluciones son tan diversas como personas distintas hay en el mundo. El sentimiento se manifiesta de manera personal y es proporcional a la causa que lo produjo.

“Es Personal” transmite la vivencia de una madre, quien ante la pérdida de su hijo desarrolló la capacidad que todos los seres humanos poseemos de sanar nuestras heridas más profundas. Como lo narra a lo largo de sus páginas, cuanto mejor conozcamos y elaboremos nuestro propio proceso de curación, desde la profundidad del universo interior que conformamos como individuos únicos y sobre la base propia y exclusiva de nuestra realidad, estaremos mejor.

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