



Deixando O Seu Passado no Passado (Portuguese Edition)

Francine Shapiro

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Este livro é um guia muito acessível, escrito pela criadora de uma forma de psicoterapia comprovada cientificamente e que já ajudou milhões de pessoas ao redor do mundo.

Sejam experiências adversas sejam traumas significativos, todos somos influenciados por memórias e experiências que às vezes nem lembramos ou não compreendemos completamente. Deixando Seu Passado no Passado oferece procedimentos práticos que desmistificam a condição humana e empoderam aqueles leitores que estão procurando mudança real.

Francine Shapiro, a criadora de terapia Dessensibilização e Reprocessamento por Meio de Movimentos Oculares (Eye Movement Desensitization and Reprocessing – EMDR), explica como as nossas personalidades se desenvolvem e por que ficamos presos a formas de sentir, crer e agir que não nos ajudam. Por meio de exemplos e exercícios detalhados, os leitores poderão aprender a se entender melhor, e por que as pessoas se comportam do jeito que em que se comportam nas suas vidas. Mais importante, os leitores aprenderão técnicas que podem melhorar os relacionamentos, romper barreiras emocionais, superar limitações e aprimorar seus talentos, da mesma forma como atletas olímpicos assim como executivos e celebridades bem sucedidos são assessorados.

Relatado num estilo informal, várias histórias fascinantes da vida real são contadas com senso de humor, o que faz com que seja fácil entender a ciência do cérebro, por que as pessoas ficam travadas e o que se poder fazer a respeito disso. Não permita que você seja impelido por reações automáticas e inconscientes. Aprenda a assumir o controle da sua vida.

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