



La bendición (Enfoque a la Familia) (Spanish Edition)

John Trent, Gary Smalley

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Todo ser humano necesita el regalo de "la bendición", el amor y la aceptación incondicional que viene de una relación sana con nuestros padres. En esta actualización de uno de los clásicos de mayor éxito editorial *La bendición*, los coautores John Trent y Gary Smalley ofrecen una perspectiva novedosa de este regalo que cambia vidas, mediante consejos prácticos y concretos sobre cómo establecer cimientos firmes en la vida de cada uno de nuestros hijos.

La bendición transmite, de forma poderosa, verdades bíblicas sobre cómo inspirar la autoestima y el bienestar afectivo en otros, con base en estos cinco elementos fundamentales:

- dar un abrazo amable
- decir unas palabras
- dar importancia
- visualizar un futuro especial
- un compromiso activo

La aceptación de nuestros padres afecta la forma en que nos vemos nosotros mismos y cómo nos relacionamos con los demás. ¿Y qué pasaría si no hubiéramos vivido esto? Los capítulos finales incluyen ayuda y esperanza para aquellos que crecieron sin la bendición de sus propios padres, la bendición y los abuelos, formas de vivir la bendición, e ideas para momentos de bendición.

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