



Como Superar La Timidez Y El Miedo A Hab SOLUCIONES PRACTICAS Y SENCILLAS PARA CONSEGUIRLO

By Antony

AMAT EDITORIAL, 2010. Condition: Nuevo. Una guía esencial para todos aquellos que quieran afrontar con garantías y serenidad la tarea de hablar en público o desenvolverse con soltura y confianza en toda clase de eventos sociales. A través de 10 simples técnicas, este libro enseña a controlar todos los síntomas indeseados de la timidez, desde las reacciones físicas hasta los pensamientos ansiosos y los comportamientos inadecuados. Libro de autoayuda que aborda un problema que afecta a un amplio sector de la población. Exposición clara y sencilla mediante la técnica "10 pasos" Aborda casos prácticos diversos de la vida personal y laboral tales como: presentaciones, conocer gente nueva, afrontar el rechazo, mejorar las relaciones, etc. Martin M. Anthony es médico jefe y director del centro investigador de tratamientos de ansiedad en el St. Joseph Healthcare en Hamilton, Ontario, y es autora de once libros.



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