

Cuestión de dignidad El derecho a decir NO Biblioteca Walter Riso Spanish Edition



BOOK DETAILS

- Author : Walter Riso
- Pages : 172 Pages
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BOOK SYNOPSIS

How many times do we say “yes” when we would rather say “no”? Why do we submit ourselves to unbecoming situations and controlling individuals when we can avoid them? Why do we stay quiet when we should be talking, and feel guilty when we exert our rights? In this illuminating book, Walter Riso, a well-known cognitive therapist, reminds us that respect for oneself is one of the most precious traits of a human being. It is, also, a fundamental factor to guard our psychological health and our spiritual well-being. When someone is treated in an unjust manner, when their dignity is trampled on or humiliated, they usually respond in a submissive or aggressive way. The author invites us to consider a third option: assertiveness. This is the ability of an individual to defend their personal rights with decisiveness, without yielding to or reacting in a violent way.

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