



## Del caos emocional a la paz interior: Cómo lograr una sanación integral (Spanish Edition)

*By David Solá*

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### **Del caos emocional a la paz interior: Cómo lograr una sanación integral (Spanish Edition)** By David Solá

Cuando no somos capaces de entender ni de gestionar lo que sentimos, nos encontramos en una situación de caos emocional. Nuestra capacidad y coherencia entre la razón, las emociones y la acción desaparece, perdemos el control, nos enfermamos, sufrimos y hacemos sufrir.

La paz interior, en cambio, es más que la ausencia de conflicto o inquietud; es el retorno al equilibrio, a sentirse completo, a la armonía con la vida y todo lo que en ella hay. Hay diversas razones por las que podemos llegar a ser víctimas de nuestras propias emociones. Pero hay un camino fácil y seguro que disuelve el caos emocional, sana nuestro interior y nos devuelve la paz perdida transformándonos en la persona que realmente podemos ser.

A través de los diferentes capítulos el lector puede encontrar e identificar numerosos trastornos emocionales con ejemplos de casos resueltos, junto con una metodología sencilla de aplicar y eficaz para todos los casos.

When we are not able to understand or manage what we feel, we are in emotional chaos. Our capacity for reason, emotion, and action disappears; our interior coherence disappears, and we lose control, get sick, suffer, and make others suffer.

On the other hand, inner peace is more than just the absence of conflict or concern: it's the return to balance, to feeling complete, to harmony with life and everything in it.

There are various reasons why we can become victims of our own emotions. But there is a safe and easy path that dissolves the emotional chaos, heals our hearts, and brings the lost peace back to us, allowing us to become the person that we can really be. Various chapters describe many emotional disorders with examples of cases solved and provide the reader with a methodology that is easy to apply and effective.

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