



Limites Cara a Cara: Como sostener esa dificil conversacion que ha estado evitando (Boundaries Face to Face: How to have that difficult conversation you've been avoiding) (Spanish Edition)

Henry Cloud, John Townsend

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La dedicatoria especial de este libro nos lo presenta claramente: «Para todos aquellos que quieren hacer de las conversaciones sinceras una parte central de sus relaciones personales». Los autores logran definir las características, beneficios y precauciones de las conversaciones relevantes en 5 partes divididas en 27 capítulos, entre los cuales resaltan los siguientes: «La conversación que puede transformar su vida», «Los beneficios de una buena conversación», «Involúcrate emocionalmente», «Define el problema», «Discúlpate de tu parte en el problema», «Evita usar los “deberías”», «Cómo decirle a la gente lo que quieres decirle» y una sección especial sobre cómo llevar a cabo una conversación difícil con tu cónyuge, tu hijo o hija, tus padres, tus hijos adultos, en el trabajo y con personas en autoridad.

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