



Cuando complacer a otros le hace daño: When Pleasing Others is Hurting You (Spanish Edition)

David Hawkins

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Este libro enseña a distinguir entre las relaciones saludables y la codependencia para que se convierta usted en la persona que Dios quiere que sea.

Usted quiere hacer lo correcto: ocuparse de su familia, ser un buen empleado, decir presente cuando sus amigos le necesiten. Y lo hace bien. Todo el mundo sabe que puede contar con usted. Sin embargo, ¿está haciendo realmente lo que es mejor para ellos? ¿Y usted? ¿Está creciendo? ¿Está contento y relajado? ¿Le emocionan sus dones y su llamamiento o a veces piensa... Ya ni siquiera sé lo que quiero?

En este animado y provocativo libro, el psicólogo David Hawkins muestra por qué usted se siente siempre apremiado a hacer más. Verá cómo puede incluso perder partes vitales de su personalidad y descuidar la obra de Dios en su vida. Averigüe por qué le resulta difícil decir que no. Aprenda por qué se siente aceptado solo cuando está produciendo. Y por último, experimente el profundo gozo y la paz que vienen cuando servimos a los demás de nuestra abundancia y no por necesidad.

This book teaches how to distinguish between healthy relationships and codependency ?to become the person God meant you to be. Christians are called to be servants, caring for the needs of other people. But when these caregivers begin to forfeit their own God-given calling and identity in an unhealthy desire to please others, they move from servanthood to codependency. How can they get back on track? Readers will resonate with the real-life illustrations of people who no longer know what they think, want, or feel because they have unwittingly allowed voices of other people to drown out the voice of God. Suggestions for redirecting unhealthy relationships will empower readers to rediscover their own value and personal contribution. Applications to the home, to work settings, and to the church will help them become more effective servants of God.

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