



# Quiérete mucho: Guía sencilla y eficaz para aumentar la autoestima (Spanish Edition)

*Raimon Gaja*

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A menudo mantenemos actitudes negativas y generamos pensamientos llenos de desespero que nos desmotivan, nos impiden alcanzar nuestros objetivos y nos hacen sentir desgraciados o culpables. Una baja autoestima impide llevar una vida psicológicamente saludable. Partiendo de la premisa que entender la causa de este problema es el punto de partida para empezar a solucionarlo, *Quiérete mucho* nos muestra caminos alternativos que nos ayudan a cambiar este patrón negativo y desprendernos de los obstáculos que nos impiden desarrollar todo nuestro potencial. Raimon Gaja trata el tema de la autoestima con el rigor y la importancia que se merece, sin reducirla aun simple aspecto secundario. A través de varios cuestionarios, *Quiérete mucho* nos da claves para evaluar nuestro nivel de autoestima y saber qué tipo de pensamiento distorsionado tenemos. Estos cuestionarios se repiten para ir comprobando nuestras evoluciones.

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