



El cambio psicológico: Un camino para la superación personal (Spanish Edition)

Antoni Bolinches

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Una obra fundamental en la bibliografía de Antoni Bolinches que se ha convertido en un clásico imprescindible entre los manuales de autoayuda.

El cambio psicológico es el primer libro del creador de la Terapia Vital, y en sus páginas se encuentran los principios básicos del origen de su metodología terapéutica. El punto de partida es que cada persona posee, en sí misma, la capacidad de mejorarse a través de un diálogo interior, en el que aprende a darse cuenta de sus problemas y encuentra la manera de descubrir sus propias soluciones.

En la primera parte, el autor repasa los condicionantes que afecta al autoconcepto de defensa que podemos utilizar para superar la adversidad. En la segunda parte, plantea su teoría de la superación personal y propone las vías para favorecer la autorrealización.

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