



# Lejos de mi sombra: Cerca de la luz (Spanish Edition)

*Bárbara Palacios*

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*Lejos de mi sombra... cerca de la luz* nos proporciona lecciones prácticas para luchar en contra del estallido de conflictos emocionales, en una travesía plena de espiritualidad que nos conduce a examinarnos internamente y desafiarnos ante una mejor administración de nuestra vida emocional. Un buen ejercicio de nuestra pasión por vivir, una mejor guía para nuestros pensamientos, para nuestros valores y para nuestra subsistencia, son entre otros los beneficios que reporta este novedoso aporte editorial de Bárbara Palacios.

*Lejos de mi sombra... cerca de la luz* constituye una verdadera expresión de conceptos e ideas prácticas en 5 capítulos, estructurados así:

1. Arropado en tu sombra
2. Detecta tus hábitos negativos
3. Sin mirar hacia atrás
4. Crece en control emocional
5. Cerca de la Luz

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