



Perdona y sé libre: Una guía paso a paso para soltar, sanar y ser plenamente feliz (Spanish Edition)

Ana Holub

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"Perdona y sé libre ofrece con claridad y paso a paso las herramientas que necesitas para estar emocionalmente sano, feliz y compasivo contigo y con los demás. ¡Altamente recomendable!"

Colin Tipping, autor de *El perdón radical*

Aprende paso a paso a curar y desbloquear tu conciencia desde lo más profundo. Descubre la sanación y la conciencia superior con el perdón como tu guía

El perdón sanará, liberará y llevará tu vida a un territorio completamente nuevo de bendiciones y milagros. Esta guía te ofrece los mecanismos indispensables para encontrar la tranquilidad y la fe con el perdón como base espiritual, necesaria para una sanación definitiva. Al seguir estos diez pasos sencillos serás más fuerte y más compasivo:

- # Crear un espacio sagrado
- # Contar la historia
- # Navegar el cuerpo emocional
- # Asumir el miedo con amor
- # Escuchar los mensajes ocultos
- # Dejar ir
- # Ser testigo de los cambios
- # Examinar las lecciones
- # Expandir el alma
- # Emanar una nueva vida

Con historias personales, casos reales y ejercicios prácticos, Ana Holub te lleva con seguridad a superar las dificultades emocionales para alcanzar la serenidad. Aprende en estas páginas a ofrecer el perdón a ti y a otros, a conocer tu pasado y descubrir los profundos beneficios de la liberación, la sanación y la conciencia divina.

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