



# Equilíbrio Emocional (Portuguese Edition)

*Possatto, Lourdes*

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# Equilíbrio Emocional (Portuguese Edition)

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## **Equilíbrio Emocional (Portuguese Edition)** Possatto, Lourdes

O objetivo deste livro, leitor amigo, não é fazer você brigar ainda mais consigo mesmo, mas sim trazer um pouco de luz para ajudá-lo a compreender sua história emocional e dar subsídios para encaminhá-lo a uma mudança efetiva, ou seja, ser menos ego e mais essência.

Ele será um verdadeiro manual de aprendizagem e uma ferramenta importante para o seu autoconhecimento, além de auxiliá-lo em seu caminho de transformação interior até uma vida emocional mais saudável e tranqüila.

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