



**Qua Nos Sucedia Cuando Aramos Niaos y Qua Hicimos Con Ello / What Happened to Us When We Were Children and What We Did with It: A Book for Learning to ... Si No Hemos Sido Lo Suficientemente Amados**

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# Qua Nos Sucedia Cuando Aramos Niaos y Qua Hicimos Con Ello / What Happened to Us When We Were Children and What We Did with It: A Book for Learning to ... Si No Hemos Sido Lo Suficientemente Amados

*Gutman*

**Qua Nos Sucedia Cuando Aramos Niaos y Qua Hicimos Con Ello / What Happened to Us When We Were Children and What We Did with It: A Book for Learning to ... Si No Hemos Sido Lo Suficientemente Amados** Gutman

**La prestigiosa investigadora de la conducta humana *Laura Gutman* propone en este libro una metodología de acercamiento honesto a nuestra propia realidad emocional, que nos permite comprender la historia completa de nuestra vida y tomar decisiones positivas.**

Este libro describe los danos (miedos, obsesiones, angustias) que pueden ocasionarnos las experiencias infantiles de desamor y desamparo maternos y el modo en que vamos buscando recursos de supervivencia emocional, que mas tarde se convierten en mecanismos de funcionamiento automaticos, para sobrellevarlos. Guiandonos a traves de su exitosa metodologia de acercamiento honesto a nuestra propia realidad emocional, *Laura Gutman*, escritora y formadora de profesionales con una vasta experiencia, nos invita a observar nuestros territorios infantiles con objetividad para descubrir todo lo que nos sucedio durante nuestra ninez sin el velo del recuerdo o de lo que nos conto nuestra madre. De este modo, nos ensena a contemplar desde un punto de vista amplio la historia de nuestra vida para luego tomar decisiones positivas. **ENGLISH DESCRIPTION In this book, prestigious human-behavior researcher *Laura Gutman* proposes an honest way of approaching our own emotional reality, which permits us to understand the complete history of our lives and make positive decisions. .**

This book describes the damages (fears, obsessions, anxieties) that our childhood experiences of maternal indifference and neglect can do to us and the way we go about searching for sources of emotional survival, which later become automatic functioning mechanisms, in order to overcome them. Guiding us through her successful methodology for honest reconciliation with our own emotional reality, *Laura Gutman*, writer and professional trainer with extensive experience, invites us to observe our childhood territory objectively, in order to discover everything that happened to us during our formative years without the veil of memory or what our mothers told us. In this way, she teaches us to contemplate the story of our life from a broad point of view, in order to then make positive decisions.

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