



Entrévalo para la vida (Plataforma Actual) (Spanish Edition)

Cristina Gutiérrez Lestón

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En los últimos treinta años los niños han cambiado tanto como la sociedad, y las herramientas que siempre nos habían servido para educarlos ya no dan el mismo resultado. Nuestros niños son ahora más inseguros, están sobreprotegidos y tienen muchos más miedos. Pero cuando un niño entiende alguna de las cosas que siente, o lo que le sucede por dentro, percibes cómo le cambia la mirada de golpe, y cómo por fin modifica dócilmente su comportamiento.

Este libro habla de multitud de situaciones reales que la autora ha vivido en un centro de colonias por donde pasan miles de niños y niñas y donde no faltan recursos para transformar sus carencias emocionales. No es un libro de teoría, sino surgido desde la privilegiada «trinchera» de la autora, y ofrece formas muy concretas de poner en práctica la educación emocional, que muchas veces se queda en la teoría y resulta imprescindible si queremos entrenar a nuestros hijos para que sepan qué hacer con su vida.

«Este es un libro que cualquier padre debería leer. Cristina lo ha escrito desde la voz de la experiencia y con el propósito de ayudar a crecer a padres e hijos. Es riguroso y ameno a la vez, amablemente pedagógico, profundo y escrito con buen criterio y desde la verdad. Nos hace pensar y sentir como padres y como los niños que fuimos. Plantea respuestas a la doble pregunta esencial en relación con el futuro que tejerán las próximas generaciones: ¿Qué mundo dejaremos a nuestros hijos? ¿Y qué hijos dejaremos en este mundo? Un libro grande y necesario.»

Álex Rovira

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