



Límites (Spanish Edition)

Henry Cloud, John Townsend

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¿Está su vida sin control?

¿siente que la gente le utiliza?

¿Le es difícil decir que no?

¿Está desilusionado con Dios por la falta de respuesta a sus oraciones?

Establecer límites claros es esencial para obtener un estilo de vida sano y balanceado. Un límite es una línea de propiedad personal que marca las cosas de las que somos responsables. En otras palabras, es lo que define quiénes somos, o quiénes no somos, y afecta diferentes aspectos de nuestra vida:

- Los límites físicos nos ayudan a determinar quién nos puede tocar y bajo qué circunstancia.
- Los límites mentales nos dan la libertad de tener ideas y opiniones propias.
- Los límites emocionales nos ayudan a tratar con nuestras propias emociones y a librarnos de las emociones dañinas y manipuladoras de otros.
- Los límites espirituales nos ayudan a distinguir entre la voluntad de Dios y la nuestra, nos dan temor a Dios.

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