



Mi bully y yo: Dos historias de vida, daño y perdón (Spanish Edition)

Trixia Valle, Renata Legorreta

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A veces somos víctimas, otras victimarios y muchas veces testigos; pero sin importar el papel que elijamos Mi bully y yo nos hará reflexionar y entender las implicaciones que tiene este tema en la vida de cualquiera de nosotros. El bullying es un fenómeno que no distingue edad, género, raza o religión. Puede estar presente entre compañeros de escuela, relaciones de pareja, colaboradores de trabajo o dentro de una misma familia y, lamentablemente, es un problema que sigue creciendo en nuestro país.

En esta historia, Trixia Valle y Renata Legorreta se encuentran después de años de no verse. Durante la primaria, Trixia sufrió bullying y Renata fue su bully. Ahora, una vez que el perdón ha llegado a sus vidas, y por medio de este libro, han sanado las heridas que ese pasado les causó. Sus recuerdos, sentimientos y puntos de vista nos ayudan a comprender mejor esta actitud y de esta manera nos hacemos conscientes de cómo dos vidas que podrían ser tan distintas parten del mismo lugar: el dolor.

Trixia Valle ha realizado diversos estudios sobre la familia, la sociedad y las adicciones. Actualmente es directora de Fundación en Movimiento, A.C., asociación dedicada a combatir el fenómeno bullying (www.fundacionenmovimiento.org.mx). Es autora del bestseller La vida en el reventón. Y fueron felices para siempre y La dama presidenciable; además cuenta con el libro más exitoso sobre bullying: ¡Ya no quiero ir a la escuela! Publicó también un libro sobre mobbing (acoso laboral), No tengo ganas de ir a trabajar.

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