



De la autoestima al egoismo (Spanish Edition)

Jorge Bucay

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¿Qué significa autoestimarse? Las cuestiones que son útiles para algunos no lo son para todos. Entre el Yo ideal y el Yo real hay una gran distancia. ¿Merece la pena recorrerla? Egoísta, ególatra, egocéntrico ¿son sinónimos? ¿Tener miedo es estar asustado, ser fóbico o algo diferente? Si no siento culpa, ¿soy una persona irresponsable? Buscando respuestas recorreremos un camino de vida, que va “de la autoestima al egoísmo”, guiados por la sabiduría de Jorge Bucay y sus estimulantes relatos.

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