



Madres que no saben amar: 1 (Crecimiento personal) (Spanish Edition)

By Karyl McBride



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Encumbrado a los primeros puestos de Amazon, "Madres que no saben amar" posee todos los ingredientes para convertirse en el gran éxito de la temporada en el ámbito de la literatura de transformación personal. Inseguridad, tristeza, falta de autoestima, vacío emocional, miedo al abandono, relaciones abusivas, tendencia al perfeccionismo... Millones de mujeres sufren las consecuencias de haber sido criadas por una madre narcisista. La psicoterapeuta Karyl McBride, especializada en psicología femenina, presenta por primera vez una guía profesional para que las hijas que han sufrido el abuso emocional de madres egoístas y/o centradas en sí mismas empiecen a reivindicar una vida propia, superen las devastadoras consecuencias de un vínculo materno dañino y, lo que es más importante, no incurran en los mismos errores que sus madres. Todo un acontecimiento editorial, tan trascendente y revelador como el clásico "Mujeres que aman demasiado".

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Bibliography

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Editorial Review

About the Author

Karyl McBride, Ph.D., is a licensed marriage and family therapist with more than thirty years of experience in public and private practice, specializing in treatment of trauma. She is a leading authority on narcissism and author of "Will I Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers". She is a contributing blogger for "Psychology Today, Huffington Post," and her recent book was featured in the "New York Times" book club. Dr. McBride can also be found online at WillIEverBeGoodEnough.com, KarylMcBridePhD.com, and [Facebook.com/DrKarylMcBride](https://www.facebook.com/DrKarylMcBride).

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